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TWENTY CENTS

Mother of AIDS victim beaten

By Jack C. Ventimiglia
Staff writer

GRANITE CITY — Tammy Robertson, the mother of a child with AIDS-related complex, filed a complaint Tuesday after she was threatened and struck by a man who said he does not want her child to return to Frather Elementary School.

Robertson said Tuesday that she was at the 7-Eleven Store at Niedringhaus Avenue and 19th Street about 11 p.m. Saturday when she was attacked by a Hispanic man who carried a home-made nightstick.

The man, she said, grabbed her hands and told her, "Hey, you, Tammy. Yeah, you, church girl. You're not going to start

this AIDS s— again, are you? I'm going to make sure you don't."

"He said, 'Got that?' and he hit me on the head (with the stick) and I screamed and he ran off."

Robertson told police the 5-foot-5-inch man has black hair, is 30, and weighs 160 pounds. Police were not notified of the

incident until Tuesday because Robertson said she was "afraid."

Robertson's son, Jason Robertson, 7, was allowed to attend Frather Elementary School on May 5 after the District 9 Board of Education lost a court effort to keep him out.

The 1988-89 school year starts Aug. 25.

Spouse charged in man's shooting

By Andy Sierling
Staff writer

MADISON — A Granite City man was shot in the face by his estranged wife Sunday, police said. The shooting took place about 8:40 p.m. outside the woman's residence in the 1500 block of Seventh Street in Madison.

Police arrested Diane Gayle Myleart Freeman, 30, of Apt. A, 1532 Seventh St. She was charged with armed violence in an information issued by the Madison County state's attorney's office.

A warrant was approved Monday afternoon by Circuit Judge Philip Barick. Bail was set at \$150,000.

Darwin Ray Freeman, 47, of 2737 Iowa St., was listed in serious but stable condition Tuesday morning under intensive care at a St. Louis hospital.

He was taken first to St. Elizabeth Medical Center and then by helicopter to St. Louis.

Freeman's jaw was shattered by a single shot from a handgun of undetermined caliber. The bullet lodged in his head and had not been removed as of Tuesday morning, said a spokeswoman for the hospital.

She said Freeman was sitting up, breathing on his own and "doing much better than expected."

Darwin Freeman is a construction worker and a past commander of Venice-Madison American Legion Post 307. Diane Freeman is his third wife.



(Staff photo by Patrick Foley)

Special election

VOTING EARLY TUESDAY, Paul Bargiel marks his ballot at the Venice Township Precinct 9 polling place, Holy Trinity Hall, 13th Street and Madison Avenue, Madison. Voters elected a congressman to succeed the late Rep. Melvin Price.

Hartigan opposes IP customers paying costs

Attorney General Neil F. Hartigan and the Illinois Office of Public Counsel (OPC) have filed expert testimony with the Illinois Commerce Commission (ICC) as alleged evidence that consumers should not have to pay \$1.2 billion to cover "avoidable delays and company mistakes" during construction of Illinois Power Company's Clinton Nuclear Plant.

The utility has blamed federal

regulators for many of the delays and design changes.

Phase I testimony, which Hartigan and the OPC filed in 1986, covered the company's costs through most of the plant's construction up to March 31, 1985.

This earlier testimony argued that from \$907 million to \$977 million of the construction costs should be excluded from the utility rate base and thus be paid "by the company, not by consumers."

The Phase II testimony just filed covers the period from March 31, 1985, through Nov. 24, 1987, including commercial operation of the plant. Phase II testimony identifies "additional avoidable costs" that it contends should not be charged to Illinois Power customers.

The testimony traces construction delays, work that had to be redone because of alleged design

errors, and delay in starting the plant after testing was completed.

"The total amount we're now asking the ICC to reject is \$1.2 billion," Hartigan said.

"Illinois Power — not Illinois consumers — must pay the cost of avoidable delays and work that was incorrectly performed as a result of mismanagement."

Blocked railroad crossings causing increased concern

By Mike Myers
Staff writer

GRANITE CITY — The Police Department is acutely aware of the problem of trains blocking crossings.

Fourth Ward Alderman Dan Farney called the police out twice Wednesday evening, Aug. 3, and signed complaints.

"And I'm going to call them every time I come up on a blocked crossing," Farney said. "I'm going to keep pushing the issue until something gets done."

Mayor Von Dee Cruse signed a complaint July 24 and several more citizens have signed them since.

Crossings cannot be blocked

legally for more than 10 minutes.

Concerning the crossings at 25th, 22nd and 20th streets at 6, 7, and 8 p.m., Lt. Dennis Chen filed the following report Thursday evening at 9:30:

"After two days of receiving numerous calls from citizens, including the mayor, reporter

(the police lieutenant) had district officers keep a close eye on our trouble railroad crossings. This date, the crossing gates were down most of the evening. At this time, reporter reviewed the law and signed a complaint against Norfolk and Southern Railroad."

One stabbed, one arrested after attack outside Goldie's

GRANITE CITY — On Saturday evening, outside Goldie's Good Time Bar and Grill, 1800 State Street, Guy G. Ritz questioned the intentions of two men who he said were leaving with his wife.

He was stabbed four times. Daniel E. Caughron, 30, 2405 Iowa St., was charged with aggravated battery and arrested on a warrant Monday.

Ritz, 32, Bridgeton, Mo., was taken to St. Elizabeth Medical Center and treated for one stab wound to the back and three stab wounds to the lower right side.

Neal A. Replogle, Maryland Heights, Mo., related the following events to police: He, Ritz and Ritz' wife, Sandy Clemons-Ritz of Granite City, (See STABBING, Page 12A)

Reviews and previews

School board stalls contract

Granite City Federation of Teachers Local 743 plans to file a grievance alleging the board violated its contract by refusing to man a negotiating team this summer. Two board members must be on the team, along with five administrators, that had been scheduled to begin talks this month. The union also plans to file an unfair labor practice complaint with the Illinois Labor Relations Board, union President Shirley Stoll said.

Mobile homes debated again

The Granite City Council will again consider changing its mobile home ordinance, which now restricts new mobile homes to areas zoned R-6. An area must be at least three acres to be rezoned R-6. Aldermen voted to take the issue back to the Planning and Zoning Board to write a proposal to amend the Zoning Ordinance to allow some mobile homes into areas now restricted.

SEMC plans blood drive

St. Elizabeth Medical Center will host a community blood drive from 11 a.m. to 4 p.m. Thursday in its Ketteler Center gymnasium. Donors must be at least 17 years old, in good health and weigh more than 105 pounds. The goal is at least 100 units of blood.

50 years ago

Monday, Aug. 8, 1938

For the month of July, the Granite City Library showed a gain of 31 volumes, bringing the total available for borrowing to 20,057. Mrs. Olive B. Stallings, librarian, said at the regular board meeting Friday.

Tell it like it is

Q: Should couples be given tax breaks to cover child care?

Joyce Bennington

"I raised three kids without a tax break. I don't think couples need government help."

—Wayne Avenue

Susan Cameron

"Yes, because a lot of people work and they have to pay to have their kids taken care of and it can get pretty expensive. Some charge \$50 to \$60 a week. So if you can get some reimbursement, it will help out."

—Petersburg, W. Va.

Sandra Ethington

"Of course, I have children ... It would really help."

—Park Towne West

NEXT WEEK Do you think color should be allowed to be added to classic black and white movies like "Casablanca?"

To record your answer, phone 452-0222 between 5:30 p.m. and 8 a.m. daily. Leave your name, address and phone number for verification.

Quote of the week

"My ad lists seven topics relating to honesty and ethics in government," said Robert Gaffner, R-Greenville, who Tuesday faced Jerry Costello, St. Clair County Board chairman, for the 21st Congressional District seat. "It is my belief that without ethics in government, very little else matters."

Tip of the hat



Paul Raczkiewicz

A tip of the hat to Paul Raczkiewicz who has been named general chairman of the Tri-Cities Area United Way fund drive. "I've been involved with the United Way for a number of years and I am amazed at the way it meets and serves the needs of the community through its various agencies and services," said Raczkiewicz, executive vice president and chief operating officer of St. Elizabeth Medical Center. "It will be a big challenge to match the effort shown in last year's fund drive."

Man shot by stranger

MADISON — A Granite City man is recuperating after being wounded with a shotgun by an unidentified assailant Thursday in Madison.

Richard W. Hammond, 22, of 2009 Richmond Ave., and a companion, James R. Jones Jr., 22, of the 2300 block of Hodges Avenue, gave this account to police: They were walking in the 800 block of Madison Avenue at about 4 a.m. when they

exchanged words with a passing motorist. The man stopped his car and pulled a shotgun from the trunk.

Hammond and Jones said they ran to the 1200 block of Iowa Street, where the man caught up with them and fired twice.

Hammond was struck in the chest, face and an arm. He was admitted to St. Elizabeth Medical Center Thursday and discharged Sunday night.

Comment

Dear Mr. Meese,
Although this past year has been a trying experience for you, we would like to thank you for your service as Attorney General. Your tenure has been an inspiration to us all, and we only regret that you didn't decide to stay on through January.

Fondly,
The Democratic National Committee

Chance to expand U.S.-Canadian trade

To the editor:

"Free trade, one of the greatest blessings which a government can confer on a people, is in almost every country unpopular."

With those words penned in 1824, the British author and statesman Thomas Macaulay exposed one of the most profound contradictions of the human experience.

Even though free and open commerce invariably works to the advantage of all participating nations, it nonetheless has a peculiar propensity for fomenting controversy and, in some cases, outbursts of public rage.

So it is that the proposed Free Trade Agreement between the United States and Canada has encouraged fierce resistance on both sides of the border despite the pact's auspicious implications for both nations.

People who should know better somehow can't help but tense up and get nervous at the prospect of tearing down those nettlesome and unnecessary trade barriers.

There is no reason for such anxiety. The treaty signed by President Reagan and Prime Minister Mulroney on Jan. 2, 1988, provides for elimination of

all trade barriers between our two countries over a 10-year period.

Most non-tariff barriers and investment restrictions would be eliminated or significantly reduced. And a special dispute settlement mechanism would be set up to handle trade and investment disputes that are certain to arise in the future.

The overall impact of this trade agreement would be to substantially increase trade between the U.S. and Canada from its current level of about \$135 billion to \$160 billion annually over a period of five years.

We would acquire a significant advantage over other exporters who seek access to the Canadian market, and Canadians would achieve a similar edge over other nations seeking access to ours.

U.S. firms would get new export opportunities in areas where high Canadian tariffs now deter imports, such as in high tech, capital goods, apparel, textiles, household furniture, luxury goods and auto parts.

Elimination of many Canadian agricultural quotas and subsidies would also spur more U.S. exports, and U.S. patents and copyrights would obtain greater

protection. Also, the U.S. would benefit from lower Canadian energy prices.

Canadians would benefit also, gaining new export opportunities and more domestic investment from U.S. sources. The treaty would mean lower consumer prices for Canadians in a broad array of goods and services, and Canada's aggressive banks would have wide-open access to the U.S. market.

In sum, there is nothing in this treaty that either Canada or the U.S. should be concerned about. It would be a positive force both north and south of the border.

Leaders of both the House and Senate have assured Pres. Reagan they will bring the U.S.-Canadian Free Trade Agreement up for a vote without amendment before the August recess. I wholeheartedly urge them to honor this vow and give the agreement a resounding vote of approval.

The U.S. and Canada can take the lead in demonstrating to the entire world the extraordinary advantages of free and open commerce.

RICHARD L. LESHNER
President, U.S. Chamber of Commerce

Barbie's rival threatens bank book

She's now. She's wow. And she's trying to get into your wallet.

Gird yourselves, Dads of Young Daughters. Just when you thought it was safe to go back in the store because you already had bought Sunan and Surf Barbie, along comes another threat. Her name is Maxie. And she's even Barbie's size.

But these two aren't likely to become pals and trade clothes and sleep over so they can eat pizza and giggle about boys. Their parents — the Mattel and Hasbro families — are sort of in the same business and vying for the same Banker Barbie Bucks. It would be very surprising if industry insiders said they liked each other.

The Mattel family is the king of Barbie Mountain. Two years ago the Hasbro family tried to climb that fantasy hill with a doll named Jem, a punk version of the B-doll.

The company has admitted that Jem blew a gasket before ever getting out of her slamm-dunk starting gate. That's why, in the House of Hasbro, Maxie's in and Jem's out.

This is bad news for me. My household contains girls ages 6 and 4. At our house, Jem was not a failure. She had an honored, if lonely, spot in the doll closet. It's true she was outmanned about 40 to 1 by Barbie and all her sisters, but Jem had an edge on her that suggested she could hold her own.

It did seem like I was finding more and more Barbie heads around the house than before Jem arrived. It probably was just a coincidence, but who knows for sure what goes on after all the humans are asleep?

Martin on the Metro

By Pat Martin

With Jem rubbed out by the marketing community and replaced by Maxie, the problem no longer is doll violence. It is proliferation. If a commercial flop like Jem could be so welcomed at my house, Maxie and her inevitable entourage will get a brass-band reception.

All three women in my family, right down to the towheaded preschooler, aren't exactly what you would call "sales resistant." I've long suspected scientific studies would uncover in them a kinkiness found in pathological liars or axe murderers. Luckily for me, their mutation is not homicidal, except to the bank-book. It is the dreaded Wall Street Bull Gene, the one that screams into the brain of its owner "Buy, Buy, Buy!"

Every time a doll or toy sensation hits the market, which is about every three days, the result almost makes me nostalgic for Barbie, even though I could have had controlling interest in Mattel if only I had bought half as much of its stock as I did furniture for the Barbie Dream House.

I can take an isolated Care Bear assault here or a rogue Cabbage Patch infestation there. But a Barbie clone like Maxie, with her army of friend dolls and

accessories, may put me over the financial edge.

Barbie is a Baby Boomer, a child of the 1950s, like so many of the parents today who eagerly snap her up for their kids. The only difference is, Barbie still looks 18 and the rest of us boomers don't.

She can still shop all day and boogie all night. She can eat pizza with Ken every night and remain anatomically correct. Bills don't bother her. She just gets the limit raised on her Barbie Bank Card. Wheeee.

With that kind of spunk and zip, it should be easy for Barbie to do one small favor for herself and her aging friends. In the name of parents everywhere, she could waste Maxie in about six months, just like she did Jem.

I would even buy one more version just to help out.

Bazooka Barbie.

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Granite City, IL 62040

876-2000 877-7700

RICHARD JARVIS LARRY JOHNSON
Pres. & Gen. Mgr. Adm. & Circ. Mgr.

JACK VENIMIGLIA
Editor

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Quad City

August 10, 1988—GRANITE CITY JOURNAL

3A

District 12 support staff to get raises

By Paul Guggina
Staff writer

MADISON — About \$16,000 in raises will be distributed among secretaries, bus drivers, cafeteria workers and security guards in School District 12.

While the employees are not under contract and do not belong to a union, the raises correspond with step-increases that teachers get each year, Superintendent Dan Kostenki said.

"The only contractual employees we have are teachers, and we use their increase figures as a kind of guide each year," Kostenki said.

The average increase for the 34 employees will be about 5 percent.

The 34 employees include 17 cafeteria workers, 12 secretaries and clerks, three security guards and two bus drivers.

The raises will become effective at the beginning of the 1989-90 school year.

With the increase, the starting salary for a secretary will be \$13,200. The salary for a secretary with 14 years experience will be \$20,470.



New department heads

IT'S OFFICIAL: Assistant Fire Chief Bob Bell, left, and Chief Charlie Bernaix, second from left, are sworn in last week to their respective positions by City Clerk Bob Stevens, right. In background is Mayor Von Dee Cruise, who appointed the men to the positions. Former Chief Joe Holder retired effective Aug. 1, making the new appointments necessary.

(Staff photo by Patrick Foley)

Club Advantage slates trips to Las Vegas, Chicago

Madison County Federal Savings and Loan's Club Advantage has four trips planned for members between now and the end of the year. The general public also is invited to participate in these events at a slightly higher cost, when space is available.

Five days and four nights will be spent in Las Vegas, with reservations at Bally's Grand Hotel. Departure is Sunday, Oct. 16, with return on Thursday, Oct. 20. Air fare, luggage handling, transportation between the airport and Bally's, and special discount coupon packages are included in the cost of \$550 based on double occupancy.

For the third consecutive year, the club will attend a Cardinal-Cub weekend baseball series at Wrigley Field, Chicago. The group will leave from Granite City at 5 p.m. Friday, Aug.

12, with a stop for dinner enroute to Chicago. Lodging accommodations are at the Hyatt Regency Hotel.

The group will see single games between the two rivals on Saturday and Sunday afternoons, returning to Granite City following the Sunday game with a dinner stop along the way. The \$185 cost for the trip includes round-trip motor coach to Chicago, two nights at the Hyatt Regency, tickets for two games and refreshments on the bus. Reservations may be made for a limited number of places by calling Carol Ogier at 876-3800.

A one-day trip on Wednesday, Sept. 14, will include breakfast at the new Pere Marquette Lodge, apple picking, a ferry ride across the river for lunch at the Wittmond Hotel, and a look at prehistoric Indian life at the Kampsville Museum. A tour of

the Village of Elksah with a cool drink at the Green Tree Inn will conclude the day's activities. Cost of the outing is \$31.

The final event is designed to get everyone in the Christmas spirit on Saturday, Nov. 26. The group will enjoy Andy Williams' Christmas show at the Fox Theater. After the show, there will be a bus ride past Christmas tree lights in downtown St. Louis, the decorated Anheuser-Busch Brewery and the National Shrine of Our Lady of the Snows to see the "Way of Lights." Snacks will be served on the bus. The cost, including "best" seats at the Fox, is \$39.

Details can be obtained and reservations made by contacting Carol Ogier in the Granite City office of Madison County Federal Savings and Loan, 876-3800.

Smokers jeopardizing school's open campus

By Paul Guggina
Staff writer

GRANITE CITY — Student smokers are jeopardizing the high school's open campus.

With an open campus, students may leave the school grounds during the day, rather than waiting until the end of the schedule of classes.

The Board of Education is considering closing the campus because administrators cannot police students who leave to smoke cigarettes.

A new district policy prohibits smoking on school grounds. But because the campus is open, there is nothing to prevent students from going off school property to smoke.

Superintendent Gib Walmsley said he and High School Principal Ken Spalding saw a group of about 35 summer school students gathered at the edge of school property smoking.

He said if an attempt had been made to disperse the crowd, the students would simply have gathered in neighboring yards, which would anger local residents.

"The problem is going to worsen manifold this fall, when there are 2,500 students instead of 750," Walmsley said. "It's not a manageable situation for Mr. Spalding. There's nothing he can do."

Walmsley asked the board to reconsider its no-smoking policy, but board members adamantly opposed the suggestion.

"I'd be in favor of closing the campus before giving in to them (the students)," board member Jolene Terrell said.

Other board members agreed.

"It's a tough decision to make but I can't favor opening the smoking area again," board member Roy Koberna said.

Board member Mack Johnson said the district ought to help its students quit smoking.

"If you put a kid in a situation where he can't have a cigarette, I know what he's going to go through. How many kids in school smoke? And how many are going to go over the edge because they're having a nicotine fit?" Johnson asked.

"I've been through it and I know it's not fun."

Board President Monroe Worthen questioned whether the campus could be closed without overloading the cafeteria.

"It's a lot easier said than done, and we don't want to make any idle threats," Worthen said. "We've been over this many times. A closed campus is a desirable thing, but we're trying to feed people. I don't know if we can do it."

Walmsley said past studies showed that the campus had to be open in order to feed all of the students. Many students eat lunch at restaurants near the school.

Since the last studies were completed, however, enrollment has declined substantially. The board instructed Walmsley to gather information to see if it would now be possible to close the campus.

"I would like the students to be told that if they persist in doing this (smoking outside the high school), the campus will be closed," Terrell said.

Barbecue Saturday at Moose Lodge 272

GRANITE CITY — Moose Legion Unit 1, a division of Moose Lodge 272, will sponsor a public barbecue on Saturday, Aug. 13, starting at noon, at the Moose Lodge, 19th and Adams streets.

The cookout dinner will feature a pork steak plate, which includes baked beans and potato salad, costing \$3.50 — or a pork steak sandwich for \$2.50, said Bob Thebeau, public relations chairman.

"We hope all members and friends will attend," he said.

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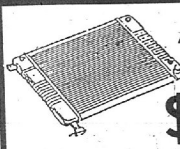
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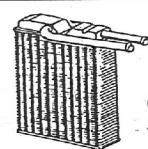
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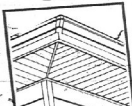
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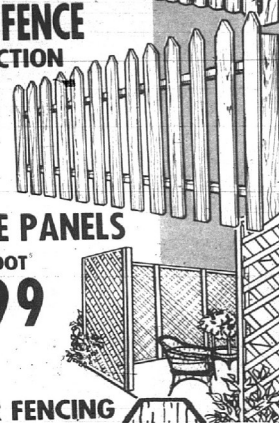
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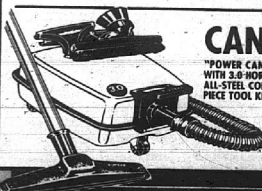


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CENTRAL HARDWARE

Request funds now from Old Newsboys

Children's agencies that wish to be considered for funding from the 1988 Old Newsboys Day drive should contact the *Suburban Journals* to obtain an application.

In the fall of 1987, a record \$241,756.57 was raised through sales of the special Old Newsboys edition of the *Suburban Journals*. All funds raised went to children's agencies in the Illinois-Missouri metropolitan area.

The deadline for seeking an application this year is Aug. 26. Agencies wishing to apply should send a self-addressed, stamped envelope to:

Old Newsboys Fund Application, *Suburban Journals*, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Old Newsboys Day was begun in 1957 by the *St. Louis Globe-Democrat*. The *Suburban Journals* have sponsored Old Newsboys Day since 1986. The campaign has raised more than \$3.9 million for area children's charities.



Post 307 installs

VENICE-MADISON AMERICAN LEGION: Post 307 and Auxiliary Unit 307 officers were installed last week at the annual installation dinner and dance at the post hall in Venice, attended by more than 400 persons. From left are Dorothy Hinson, Department of Illinois auxiliary president and Unit 307 secretary, unit installing officer; Benny Mangiaracino, who begins his fifth consecutive year as commander of Post 307; James Egan, East St. Louis Post 53, post installing officer; and John Cox, Cahokia Post 784, installing chaplain.

(Staff photo by Patrick Foley)

Radio broadcaster to speak at Assembly of God Church

The Rev. and Mrs. Paul Evans, former pastor of First Assembly of God Church, 24th Street and Grand Avenue, will be guests speakers at 7 p.m. Wednesday at the church.

Evans joined the radio broadcast team at Haven of Rest in 1983, sharing the broadcast ministry with "First Mate Bob."

The Haven of Rest broadcast is released on some 500 stations daily across the United States, Canada and 16 foreign countries.

During his career as pastor, teacher, Evans founded and directed two daily radio programs: "Take Five" and "Christ in the City," released in Evansville, Ind.

Upon retiring from the Haven of Rest broadcast, Evans has been appointed to participate in the development of International Correspondence Institute Audio Cassettes curriculum for evangelism and discipleship training for non-readers. He and his wife, Virginia, will travel to Brussels, Belgium, in October to begin this project.



The Rev. Paul Evans, Belgium, in October to begin this project.

The Rev. Dale Edwards, pastor of First Assembly of God Church, said Evans' address is open to the public.

Detention home needs replacing, director says

By Michael Huck

EDWARDSVILLE — Darryl McGibany, director of Madison County's juvenile detention home, says the home may be beyond repair and should be replaced.

McGibany told the Madison County Board Buildings Committee on July 28 that the Illinois Department of Corrections has given Madison County until 1990 to correct deficiencies.

"From Day One we've been in non-compliance as far as the state is concerned. But now that 1990 is drawing near, they have put us on notice," he said.

The 20-year-old facility, located on Illinois 159 in Edwardsville, is thought to be the second-oldest juvenile detention home in the state. It was not built according to state codes, McGibany said.

He said the plumbing and electrical service must be updated, and the facility is overcrowded.

Also, he said, the building has a four-year-old roof that has leaked since it was installed. After a recent rain, his office was "standing in water," McGibany told the committee.

Committee Chairman Herbert "Junior" Milton, D-Granite City, said the contractor who installed the roof is no longer in business.

Committee Member Jack Frandsen, D-Alhambra, asked McGibany his opinion on making the needed changes and repairs and adding onto the building.

McGibany answered that it would cost about \$750,000 but would be "throwing good money after bad."

He said any renovation would require closing the juvenile detention center; a place would

have to be found to house the juveniles temporarily.

He said it would be preferable to have a new building built to state code requirements and larger than the existing facility. The Madison County facility holds 21 persons. Last year, however, there were times when as many as 26 juveniles were in residence.

St. Clair County recently built a detention home at a cost of \$4 million. It holds 34 juveniles, McGibany said.

McGibany told the committee the county could recoup some of its money by leasing out the current facility once a new detention home was built.

Although the committee decided to have the roof repaired immediately, it did not make a decision on a push for a new building.

McGibany told the committee

that the architect selected for a new detention home should be an expert in juvenile detention sites. Designing a detention home isn't like designing a jail or an administration building, he said.

At the end of the meeting, the committee went into executive session to discuss ongoing negotiations for purchase of property on Purcell and Main streets.

The county owns all but four of the buildings on those streets and plans to build a new county administration building at that location.

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Boy's heart surgery called successful

Jason Mizell, 13, son of Dickey and Sue Mizell, Granite City, underwent heart surgery July 6 at Cardinal Glennon Hospital, St. Louis, to repair atrial septal defect (a hole in the heart).

The surgery was done by Dr. Glen Pennington and others. The hole in Jason's heart was found to be the size of a 50-cent piece. Doctors also found an extra vein throwing blood the wrong way. The surgery took six hours.

Doctors said his surgery and recovery have been excellent.

A trust fund has been set up to help with medical costs for anyone who would like to donate to help the family pay for the cost. There was no insurance to cover the surgery.

Donations may be sent to the Jason T. Mizell Trust Fund, Central Bank, 3805 Nameoki Road, Granite City, 62040.

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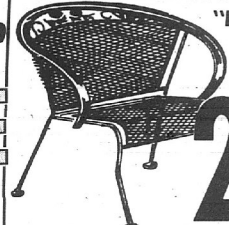
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CENTRAL HARDWARE

Early morning raids cap secret drug probe at Fairmount Park

By Ed Gurney

A large undercover investigation — focusing on persons supplying drugs to employees, licensed personnel and fans at Fairmount Park Race track and the Cahokia Downs training facility — was concluded Aug. 3 when law enforcement authorities began making arrests and seizures.

Forty-three people, many from the Collinsville area, were charged with 14 felony counts and six misdemeanors, according to Capt. William Barrett of the Illinois Division of Criminal Investigation.

Results of the investigation, dubbed Operation Backside, were announced at a press conference at the state regional headquarters in Collinsville.

The probe was a cooperative effort between the Illinois State Police, the Illinois Racing Board and the state's attorney's offices of Madison and St. Clair counties, Barrett said.

Among the 30 suspects arrested Wednesday was trainer Nicholas Mamino Jr., 23, of Troy, Ill., charged with delivery of cocaine. He is the son of Collinsville Police Chief Nick Mamino. Other suspects were targets of police searches.

Neither Collinsville police nor any other local police agency was involved in the probe, Barrett said. "We kept it totally internal. No one from outside departments knew until the end," he said.

The investigation resulted in drug buys of cocaine, heroin, LSD and marijuana from defendants, police said.

Although many of the preliminary negotiations and drug buys were made on racetrack property, the investigation did not uncover any activity that affects the integrity of racing, authorities said.

State police had learned from stewards that drug trafficking has occurred at the track for two to three years, Barrett said. "We had information for some time, both from personnel at the track with whom we've been associated and from informants," Barrett said. "Approximately six to nine months ago

we began to develop more and more information.

"We were able to develop a substantial number of individuals able to assist us and we began to make purchases."

"(Drug trafficking) was, as we were told, very widespread," Barrett said.

He described those involved in drug activities at the track as "not totally visible but not very secretive about the operation, either."

In one case, a track employee identified as Donna Schulte, 34, of Trenton, allegedly sold cocaine to an undercover agent at a concession stand while she was selling hot dogs and soft drinks to track patrons, Barrett said.

Schulte, one of those arrested Wednesday, was charged with delivery of cocaine.

In another case, a female defendant sold marijuana from her home to what appeared to be an elementary school-age child, according to an undercover agent who was present.

There was no mastermind for the operation, but there were groups of participants who were connected, he said.

Those implicated in the investigation ranged from street-level to middle-level drug dealers, Barrett said.

Charges included two Class X felony counts, the most serious under state law; 33 Class 1 felonies; 14 Class 2 felonies; seven Class 3 felonies; 58 Class 4 felonies; and six misdemeanors. Those charged include five track employees, 23 licensed and unlicensed track-related personnel and 15 patrons.

No jockeys were arrested. In addition to the criminal charges, defendants who are track employees or are licensed by the Illinois Racing Board may face administrative action by the board.

"We should emphasize," Barrett said, "that the racing industry is very concerned about this; the track is very concerned and supportive of our efforts."

Track spokesman Mary Ozanic said Fairmount's management learned of the investigation Wednesday morning. "We'll cooperate with them to whatever

extent we can," Ozanic said.

"It doesn't involve the quality or integrity of racing," she said. "It is what people were doing in their private time. Unfortunately, these people were employed here."

"The current investigation shows this track is no different from any other industry on track," said Stephen Miller, zone commander for the Illinois State

because it was comingling with drugs, Miller said. Items seized at Kincannon's residence were displayed after the press conference for reporters.

Those arrested, in addition to Mamino, Schulte and Kincannon, and the charges, include:

Adam Beattie, 25, of Washington Park, delivery of cocaine; Larry Beggs, 37, an exercise

Shawn Marks, 38, of Caseyville, delivery of marijuana; Mark Owen, 27, of Mounds, Trailer Court, Collinsville, a groom, delivery of marijuana.

Patricia Phillips, 28, of Joe Street, Collinsville, delivery of marijuana; Charles Phipps, 46, of Washington Park, a groom, delivery of cocaine; Johnny Scott, 22, of Caseyville, a groom, delivery of marijuana; Randall Scott, 29, of North 81st Street, Caseyville, a groom, charged with delivery of marijuana; Marcel Selecta, 23, of Carl Street, Collinsville, delivery of a look-alike substance.

Kevin Shoemaker, 25, of Marilyn Drive, Caseyville, delivery of marijuana; Carl Stringfellow, 34, of Alorton, a groom, delivery of

cocaine; John Wagner, 25, of Arlington Street, State Park Place, delivery of cocaine; Steven Wall, 26, of Collinsville, a groom, delivery of cocaine; Dino Accordi, 23, of St. Louis, delivery of cocaine.

Lynne Gale, 27, of Bethel Trailer Court, Caseyville, delivery of marijuana; Charles Pasley, 46, of Alorton, delivery of cocaine; Matt Mann of Caseyville, delivery of cocaine; and Michael Dill, 26, of Gladys Street, Collinsville, delivery of cocaine.

Those arrested were held initially at the St. Clair County and Madison County jails. Evidence indicated defendants traveled to places such as St. Louis and Chicago to obtain drugs, police said.

In one case, a track employee allegedly sold cocaine while she was selling hot dogs and soft drinks to track patrons

Police. "Drug activities at the track are just reflective of society as a whole."

Most of the arrests occurred in raids between 5:45 a.m. and 7 a.m., according to Miller.

One suspect, Kenny Kincannon, 28, allegedly came to the door of his home on Bernice Street in State Park Place with a .387 revolver, fearing he was about to be "ripped off," police said.

Kincannon reportedly threw the gun aside. Police, executing a search warrant, seized that gun and 11 other weapons. Also seized from the Kincannon home were about an ounce of cocaine, 30 to 50 pounds of marijuana and between \$10,000 and \$11,000 in cash.

Police could seize the cash

person who resided at the track, delivery of marijuana; Shirley Broux, 49, of Bruce Street, Collinsville, delivery of marijuana; Dee Dee Brooks, 25, of Alorton, delivery of heroin; Pheredell Butler, 48, of Washington Park, a groom, delivery of cocaine.

Edward Contestable, 34, of Bruce Street, Collinsville, a security guard, delivery of marijuana; Karen Gale of Carolyn Drive, Caseyville, delivery of marijuana; Dana Ganninger, 18, of Jefferson Avenue, Collinsville, delivery of cocaine.

Lenny Hunter of Jefferson Avenue, Collinsville, delivery of cocaine; Patricia James of Marilyn Drive, Caseyville, delivery of marijuana.

Wayne Lancaster, 40, of Cahokia, delivery of marijuana;

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\$24 million for drought loans

State Treasurer Jerry Cosentino has announced that \$24 million of the \$50 million he has made available to assist farmers stricken by the drought, has been deposited in Illinois banks for low-interest loans.

Under Cosentino's drought relief program, funds are deposited with participating banks at an annual rate of 6.5 percent for a period of one year. Banks will make loans to drought-stricken farmers at a rate of no more than 9.5 percent.

IRS has problem-solving program

If you have tested your skills against the Internal Revenue Service computer and lost, or run amuck in a sea of paper, the Problem Resolution Office (PRO) may be able to give you a hand.

"Most of the time, you will be able to take care of any business with the IRS through a phone call or a letter. But once in awhile, even after several letters and phone calls, the problem still is not solved. That is when the buck stops at the Problem Resolution Office," a spokesman said.

"Put the PROs do more than just put out fires; they prevent them, too."

"If you have a problem with the IRS and have not been able to solve it through normal channels, call the IRS toll free at 800-424-1040 and ask for PRO."

We're Sorry!

In this week's Back to School Sale circular, we advertised Kids boat shoes by Regatta, size 9, sale for 7.99. Due to manufacturer's inability to ship sufficient quantities, the following sizes will not be available for the value boat shoes: infants' 5-9 and youths' 10-2. A limited supply will be available for the following sizes in the lace-up shoe: youths' 10-2 and boys' 3-6. Rain checks will be issued during the week of the ad.

On page 16, we advertised a Windermere spiral flat curling iron for 7.99. Due to the manufacturer's inability to ship sufficient quantities, merchandise quantities will be limited. We will substitute the Vidal Sassoon flat curl steamer, model no. V5150 for the same price.

We regret any inconvenience this may cause you.

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WHILE IN SPRINGFIELD: The rotunda of the Capitol building in Springfield will be among the many places vacationing families will visit this summer. The home of

Abraham Lincoln also has been reopened to the public after a \$2 million renovation project. ⁶⁷

Information about schools in Granite City, Madison and Venice is welcomed by the *Press-Record/Journal*.

Send information and photos about school events at the elementary, middle and high school levels to: Paul Guggina, Granite City Press-Record/Journal, 1815 Delmar Ave., Granite City, IL, 62040.

The only sure thing about tax laws is that they seemingly change from year to year. That's why so many people annually enroll in the H&R Block Tax Course.

This year's classes will introduce participants to the latest tax laws. Students include homemakers preparing for new careers, retirees preparing for second careers, and people just interested in learning more about tax return preparation. Many professional tax practitioners were first introduced to their profession through the H&R Block Tax course.

H&R Block has been teaching students how to prepare individual tax returns for 22 years. Its highly respected course provides successful graduates with

certificates of achievement and 7.5 units of continuing education credit. Qualified graduates may be offered job interviews for positions with Block. Block is, however, under no obligation to offer employment, nor are graduates under any obligation to accept employment with Block.

This year's 13-week course starts on September 7. One low fee includes materials, supplies, and textbooks. Students may choose from morning, afternoon, or evening classes at several area locations.

Additional information and registration forms are available from the H&R Block office at 643 N. Wood River Ave., Wood River, IL. The telephone number is 254-8986.

By Shawn Cándela

BELLEVEILLE — The Illinois Department of Transportation (IDOT) plans to build an additional interchange on I-64 if and when the Scott Air Force Base joint civilian/military airport becomes a reality.

And if traffic flow becomes a problem, it's possible the highway could expand from four to six or even eight lanes.

Dale Klohr, chief engineer of IDOT District 8, Collinsville, said, the interchange, set up on Illinois 158, is planned to allow easy access from I-64 to the base.

"Keep in mind, the airport will not be there (instantly)," he said. "It will develop over the years."

IDOT's Division of Aeronautics in Springfield is in the third and final phase of a two-year feasibility study to determine whether or not the airport would be beneficial to Metro East.

The division deals with all of the state's airports.

Retired Air Force Gen. Robert Coverdale, director of the IDOT division, said the completed study will be submitted to Scott

AFB for review this month.

"Then, if the Air Force has no objections, an environmental study will be conducted," he said.

Further plans for the airport would depend on the results of the environmental study, Coverdale said. That study is to be conducted by Argon Labs of Chicago.

Garred Jones, a systems planner with the aeronautics division, said the first few years will not be a "big deal" as far as traffic flow goes. What happens to the highway in the future will depend on traffic congestion, he said.

"On a long-term basis, we could be looking at restructuring," he said. "It could become a four-lane facility in both direc-

Jones also said Illinois 4 could be realigned to provide for more traffic flow into the base.

"Right now, we're not forecasting monumental change," he said. "But, we'll have to see what happens."

Coverdale said an ongoing survey of traffic congestion on the highway will be conducted.

"We'll have to continually assess access to the airport," he said. "That's a very important item."

Klohr said that, though it is a possibility, no plans for widening I-64 have been made.

"It will come through our office if it happens," he said. "Right now, we're waiting to see what happens."

Peter Olson, district engineer with the Federal Highway Administration district office Springfield, said it would be difficult task to widen the highway.

"To go from Illinois 157 to the airport ... the costs would be immense," he said. "I'm not sure how close we are to capacity on I-64. We'd hear first from IDOT."

St. Louis County Executive Gene McNary has recommended the county spend a maximum of \$30 million on Bi-State Transit operations for the agency's 1989 fiscal year.

The amount is the same the county has paid the Bi-State Development Agency yearly since 1985, when officials placed an arbitrary \$30 million cap on the county's subsidy. At the time, officials said Bi-State had enough reserves to fund the transportation system and that the county instead needed money

Before that, the county had paid \$2 for every \$1 of transportation tax money paid by the City of St. Louis.

McNary made his proposal based on a unanimous recommendation from the county's Public Transportation Commission, which reviewed Bi-State's budget.

The St. Louis Board of Aldermen has agreed to pay up to \$17.7 million to Bi-State for its 1989 fiscal year, which began July 1.

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<p>MONTERRAY VINEYARDS WHITE ZINFANDEL 750</p> <p>3⁹⁹ Full Case 37⁹⁵</p>		<p>PREIXENET CORNELL NEGRO 750</p> <p>3⁹⁹</p>		<p>PREIXENET CORNELL & BRUT Full Case - \$18.88</p> <p>Rebate -18.00</p> <p>FINAL COST 23⁸⁸</p>	

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Federal Court upholds strict rules at Marion, Illinois prison

U.S. Attorney Frederick J. Hess has commended Warden Gary Henman and his predecessor, Jerry Wilford, for their humane treatment of Marion inmates and their measured response to difficult circumstances posed by the most violent and escape-prone inmates in America.

"This was demonstrated in the Seventh Circuit Court of Appeals opinion on Brusino v. Carlson decided July 22, holding that taken one by one, each condition of which the plaintiff complained is within constitutional limits," he said.

The court said it was "not persuaded that any relaxation in the controls instituted in the fall of 1983 is constitutionally required, given the extraordinary security problems at the prison."

"The controls are a unitary and integrated system for dealing with the nation's least corrigible inmates; piecemeal dismantling would destroy the system's rationale and impair its efficacy."

Circuit Judge Posner, writing the opinion, found: "The present case... was decided after extensive evidentiary hearings."

"The U.S. Penitentiary in Marion is the successor to Alcatraz as the prison designated to hold the most violent and dangerous prisoners in the federal system."

"The only Level 6 prison in that system (federal prisons carry a security rating ranging from 1 to 6), it may be the most severe prison in the country."

"It houses not only the worst federal prisoners but, on a contract basis, state prisoners too violent for state prisons to handle."

"The 300 inmates are among the most dangerous people in this nation of 240 million. In 1983, one-third of Marion's inmates were serving terms either of life or of 70 years or more; in 1985, 40 percent were serving time for murder, manslaughter, or assault with intent to kill."

"Because there is no death penalty for committing crimes in federal prisons (even murder), and because existing notions of due process and of cruel and unusual punishment limit the ability of correctional officers to prevent or deter prison violence, the control of these inmates presents a formidable problem."

"The focus of the suit was the procedures that the prison adopted in the wake of a crescendo of violence in October 1982, violence that included the murder of two guards and an inmate," the court said.

"Conditions in Marion deserve careful scrutiny, but they must be evaluated against the background of an extraordinary history of inmate violence and with proper regard for limited competence of federal judges to micro-manage prisons."

"The defendants placed in the record a remarkable narrative of the violence that led up to the lockdown. We note a few highlights (some corroborated by decisions of this court):

"The handcuffing, the shackling, the boxing of the handcuffs, the spread-eagling, and the searches are reasonable measures in view of the history of violence at the prison"

"Two inmates, while exercising in the corridor outside their cells, garrotted a third inmate, who was asleep in his cell with his head against the bars."

"An inmate stabbed another inmate with a knife while they were exercising and was in turn stabbed by two inmates with knives on his way back to the cell. An inmate fired a zip gun (a homemade pistol) at another inmate and at a guard, wounding both."

"Inmates have attacked other inmates and guards with a homemade bomb, with a light bulb, with a pocket knife, with a sharpened pencil wielded as a knife, with a sharpened toothbrush, with feces, with a chair, with a mop wringer, with a home-made mallet, and with a bucket of boiling water, as well as with the usual zip guns and shanks."

"Shanks are homemade knives, often carved out of the legs of the steel beds in the cells."

"The steel beds have now been replaced by concrete blocks in an effort to prevent the manufacture of shanks."

"A number of inmates were killed in these assaults, and in addition there were frequent riots and strikes by inmates, takings of guards as hostages, takeovers of cell blocks, and ingenious attempts to escape."

"Once to the accompaniment of rifle fire directed at the prison, from the outside, one inmate managed to detonate a bomb in his cell."

"In the climactic week that preceded the lockdown, two guards were murdered in similar incidents."

"In each, a prisoner being escorted from his cell broke away from the three guards escorting him, thrust his handcuffed wrists (this was before the innovation of placing a box over the handcuffs) into an accomplice's cell, emerged sans handcuffs, and proceeded to attack the guards."

Hess said the murdered officers in October 1983 were Gene Clutts and Robert Hoffman.

"In one of the incidents, another guard was crippled and the third seriously injured."

"Throughout this period, searches uncovered an astonishing quantity of knives, zip guns, and other contraband, including many homemade keys that fit handcuffs and others that fit doors in the prison. Searches of body cavities continue to turn up an impressive quantity and variety of contraband, including knives and hacksaw blades."

"The incidence of violence has declined since the lockdown."

"It appears that in the four and a half years since, only three murders have been committed, while in the four preceding years 11 murders — almost four times as many in a shorter time than has elapsed since the lockdown — had been committed."

"If the comparison is broadened to approximately the four years before and four years after the lockdown, the number of armed assaults fell from 115 to 34 and the number of unarmed assaults was unchanged at 53."

"Since the principal victims of murders and armed assaults in Marion are inmates, the procedures that the plaintiffs describe as cruel and unusual punishment are the very procedures that are protecting them from murderous attacks by fellow prisoners."

The court concluded: "Few inmates are assigned to Marion who do not have a substantial history of violence in prison. It is not likely that these wolves would have turned into sheep if Marion had been a gentler place."

Hess concurred in this finding: "The Bureau of Prison does not respond in kind to inmate violence but seeks through unit management to provide a safe, humane confinement for all inmates who will conform their conduct to institutional rules and regulations."

"Those who do not or will not comply with the Bureau of Prison program are by adverse selection working their way into Marion."

"Once there, they may by good conduct and conforming conduct work their way out of Marion and back into lesser degrees of confinement," Hess said.

The court observed that: "If Marion were dismantled, its inmates would have to be transferred to less secure prisons, which might then become more like Marion."

"If it were opened up — if conditions as they existed in October 1983 were restored — the lives and safety of the inmates and guards would be in grave jeopardy."

"The current conditions, ghastly as they are, testify in a weird way to our nation's aspirations to a humane criminal justice system, for they result from forbidding murderous inmates to be executed or to be killed or beat senseless by outraged guards; no inmate has been killed at Marion save by another inmate."

"The handcuffing, the shackling, the boxing of the handcuffs, the spread-eagling, and the searches are reasonable measures in view of the history of violence at the prison and the incorrigible, undeterrable character of the inmates."

"The controls are a unitary and integrated system for dealing with the nation's least corrigible inmates; piecemeal dismantling would destroy the system's rationale and impair its efficacy."

The court further said: "That the record in this case contains no evidence of any prejudice to an inmate in bringing or prosecuting a lawsuit."

"No one fell under the bar of a statute of limitations; no one failed to make a timely filing; no one was denied legal assistance to which he was entitled; no one lost a case he should or could have won."

"The last issue is whether conditions at Marion are so harsh (even if not unconstitutionally so) because of the extraordinary security problems there, that assignment to Marion should be treated as a deprivation of liberty, and should therefore be subjected to the requirements of due process of law."

"A transfer from one prison to another does not deprive the prisoner of liberty or property within the meaning of the due process clause, and therefore does not require notice and an opportunity for a hearing," the court ruled.

"The Supreme Court has long held that conviction sufficiently extinguishes an inmate's liberty interest to empower the administration to confine him in any of its prisons and to run each according to law."

"Once again, Marion staff members have been found in compliance with constitutional standards. This opinion permits them to continue running Marion under Bureau of Prison regulations and attests to their high degree of professionalism and expertise," Hess said.

"I only wish there were some means of recovering the cost of defending these civil libertarian challenges for the Bureau of Prisons and Marion in particular. I appreciate the long hours and hard work put into the defense of this suit by Assistant U.S. Attorney Ralph M. Friederich and Bureau of Prisons Attorney Advisor Van Vandiver."

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"A transfer from one prison to another does not deprive the prisoner of liberty or property within the meaning of the due process clause, and therefore does not require notice and an opportunity for a hearing," the court ruled.

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Regional presidential primary plan advancing

By Washington bureau

WASHINGTON — Illinois Sen. Alan Dixon's proposed regional presidential primary law now heading to the Senate floor drew instant fire Aug. 4 from a senator whose state stands to lose a load of prestige from primary reform.

"I think probably to most Republicans in New Hampshire, this is an obvious proposal. So I would certainly propose to vigorously fight against this proposal and to retain New Hampshire's separate primary," said Sen. Gordon J. Humphrey, R-N.H.

For many decades, New Hampshire has savored its own special law that requires the small New England state to hold the first primary in a presidential election year.

Since 1962, the first year the law became operational, no president has been elected without first winning in New Hampshire, Humphrey press aide Lisa Lyons said.

But under Dixon's bill, which cleared the Senate Rules Committee on Aug. 3 in unprecedented fashion, New Hampshire would be forced to hold its primary on the same day as the other five New England states, four mid-Atlantic states, the District of Columbia and the Commonwealth of Puerto Rico.

"The Republican Party in New Hampshire is distinct from that of Massachusetts or Vermont or Maine, for that matter, and we don't want to be subsumed in the march of those liberal Republican politics of those states," Humphrey said in a statement.

The regional primary bill was Dixon's remedy to reform what he views as the haphazard manner in which political parties select presidential candidates. The bill emerged from the Rules Committee only slightly modified as Sen. Wendell H. Ford, D-Ky.,

attacked an amendment shrinking the number of national regions from six to five.

Illinois, for example, was originally part of an eight-state region, but under Ford's plan the state would conduct a primary at the same time Michigan, Indiana, Ohio, West Virginia and Pennsylvania voters went to their polling booths.

In recent months, the Dixon bill has won the support of former Vice President Walter F. Mondale, D-Minn., Sen. Bob Packwood, R-Ore., Sen. Ted Stevens, R-Alaska, and Sen. John B. Breaux, D-La. The Illinois Democrat expects a Senate vote in the fall.

"It's the first regional primary bill that has been favorably reported out of a Senate committee to the Senate floor," Dixon said. "I don't know if there's much chance they will take it up in the House. The problem here is that we are running out of time."

Proponents of the regional primary, like Mondale, the 1984 Democratic Party nominee, say that Congress has to take the lead in bringing order to the presidential selection process and limit the impact of the early primaries in small states.

"I do not believe that the parties can reform the system sufficiently by themselves, and thus legislation is needed," Mondale testified in June before the Rules Committee.

The bill would give the people of Iowa and New Hampshire enjoy an influence far disproportionate to their size in the electoral college.

Despite calls for reform, government and constitutional experts say that Congress may be usurping the power of states and political parties by mandating when primaries and caucuses are held. The experts also say Congress may be violating the parties' protections of free association in the U.S. Constitution.

"I would oppose the bill. It's

foolish, unwise, and probably unconstitutional," said Bruce Fein, a Washington lawyer and conservative columnist who writes frequently about U.S. Supreme Court decisions.

Thomas E. Mann, a government scholar at the liberal Brookings Institution, also raised doubts about the constitutionality of a federally imposed regional primary.

"I think in the end my view is that it is legitimate to raise the question of the constitutional legitimacy of such a bill, but in the end it would be seen as passing constitutional standards. My problem is whether it's wise to preempt the parties in this manner. I think it's a debatable question."

There's also a former presidential candidate who's against a regional primary system — Sen. Paul Simon, Dixon's colleague from Illinois.

"I think the regional primary is not in the national interest. It will hurt people of limited means. It really will," Simon said in an interview.

In a recent *New York Times* Magazine article in which he discussed his failed bid for the presidency, Simon said that launching the campaign in a pair of small states would help little-known candidate whose voices would get drowned out in a regional contest.

"If we were to move to regional primaries, as some have suggested, how voters make their choices would be greatly influenced by big money interests," Simon wrote in the *Times*.

Dixon maintains Congress should not interfere with state and party decisions concerning how voters make their choices for president, but said Congress was well within its power to determine the time.

"They don't have a right to pick the date they are going to do it on," Dixon said.

Veterans advised to avoid foreclosure

Veterans with VA-guaranteed home loans who suffer a financial setback preventing them from meeting their payment schedule should contact their lenders immediately, said Alan Schneider, VA loan guaranty officer.

Loan guaranty officer at the Veterans Administration Regional Office in Chicago, he said, "It's important to try to arrange a repayment schedule to bring loan payments current as soon as possible. If you're already late with payments, don't simply ignore the notices sent by your lender or the VA."

If a new payment arrangement is not worked out and foreclosure eventually occurs, the borrower's credit rating will be seriously damaged, Schneider said.

The VA will also work aggressively to get back from the vet-

eran up to \$36,000 that the government lost to the lender by guaranteeing the loan. As a result, that's another debt the veteran would owe, he said.

Here are a few other tips from the VA Loan Guaranty Office to veteran home owners who may be thinking of selling property backed by VA loans:

"If you're falling behind in payments and keeping the home is not possible, try to sell it and save the 'equity' — the property's value minus the loan balance."

"If you sell by having the buyer assume the mortgage, be sure to obtain a release of liability. This should be part of the sales contract. The sales closing should not take place until the seller receives notice that the buyer has met the credit and income qualifications for a

release of liability."

"Be wary of a proposition to buy your home by someone who offers to pay the delinquent installments or to give a small amount of cash for your equity in the property in return for a 'quitclaim deed.'"

You might learn later that your buyer rents the property but does not make payments on the mortgage. You, the veteran seller, may still owe the lender and the government.

Schneider said the important thing for a veteran to remember is that if problems arise in making mortgage payments, he or she should first contact the mortgage company or other lender.

If the lender cannot help, the veteran is urged to call VA's Loan Service and Claims section in Chicago at (312) 353-4068.

CUB names officers

Larry Ruemmler, a legal assistance attorney from Mount Vernon, was elected the new vice president of the Citizens Utility Board (CUB), a statewide utility watchdog group, at a meeting of the board in Chicago. Ruemmler, 44, is the directing attorney for the Land of Lincoln Legal Assistance Foundation, a position he has held since September 1976. He was elected to serve on the CUB board in 1987, representing the 22nd Congressional District.

The board named Josh Hoyt, a community activist from Chicago, as president. The board also named Bruce Markwalder, a teacher from Sheridan, as treasurer and Theresa Marzullo, a legal secretary from Chicago, as secretary.

CUB is a non-profit consumer group created by the state legislature to represent residential and small business consumers in the utility rate-setting process. CUB currently is fighting Illinois Power's attempts to charge consumers up to \$5.5 billion for the cost of building the Clinton nuclear power electricity-generating plant.

The organization is funded solely by contributions from 100,000 Illinois consumers who are members of the group.

CUB's board of directors, which works on a voluntary basis, is elected by CUB members in each of Illinois' 22 Congressional districts. The organization has a nine-person, full-time staff at its Chicago office.

Area marriages drop due to testing

SPRINGFIELD — The number of marriages in area counties dropped significantly the first six months of this year, apparently because of the requirement for AIDS virus testing.

AIDS tests cost from \$30 to \$100.

In Madison County, across the river from Missouri, where the tests are not required, the number of marriages has decreased.

There were actually more June weddings in the county than a year earlier, 230 compared to 226, according to the Madison County clerk's office.

But for the first six months of the year, marriages in Madison County totaled 769 compared to 865 the first half of 1987, down 9.5 percent.

There were 155 marriages during May in the county compared to 219 in May 1987.

Statewide, of more than 72,000 prospective newlyweds tested since the state law went into effect Jan. 1, nine had the AIDS virus, Illinois Department of Public Health spokesman Penny Strong said.

That is substantially fewer AIDS cases than the department had expected before the testing began, she noted. "We had expected it to be in the hundreds

by now," she added.

Strong said the low incidence of the AIDS virus among people getting married contrasted with "one in 10" of those who voluntarily came to AIDS testing centers aimed at the "at risk" populations, such as homosexuals and intravenous drug users.

Illinois is the only state requiring premarital AIDS tests. Louisiana also passed a law requiring the tests in the last year but repealed it this spring.

Attempts to repeal the Illinois law failed in the Illinois General Assembly this spring, despite a call for repeal by the Illinois State Medical Society, normally one of the most influential lobbying groups.

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Students having reasoning problems, tests show

By Philip Clarke
America's Future Inc.

In the latest nationwide math test, high school students on average did well in simple arithmetic such as multiplication, addition, subtraction and division.

But despite the back-to-basics movement in education, nearly half the teenagers flunked when it came to problems involving reasoning.

The Educational Testing Service in New Jersey, which periodically tests students in a variety of academic disciplines, found the overall math proficiency of 17-year-olds was "dismal," so use its word.

Only 51.1 percent were capable of solving "moderately complex" reasoning problems expected of junior high school students. That's a three-tenths of a percent drop from 1978, when

the back-to-basics crusade was getting going.

What it all adds up to, according to the Educational Testing Service, is that about half the school population of 17-year-olds approach graduation still struggling to work out averages, interpret graphs or do simple geometry.

"As a society on the threshold of the 21st century, are we measuring up?" asked the report.

The answer was a troubling "No." By comparison, the average Japanese teen-age student is far ahead. And the same goes for West German youths and for students in other advanced Western nations.

Educators have offered some solutions. Professor John Dossey of Illinois State University, past president of the National Council of Teachers of Mathematics, said, "The school curriculum

must pry itself free of its heavy reliance on paper-and-pencil drills."

Dossey also urges states to adopt tougher certification requirements for "mathematically qualified teachers."

Albert Shanker, president of the American Federation of Teachers, also complains of excessive reliance on rote-like math drills.

"What this tells me," Shanker said, "is that our youngsters are doing better at memorizing rules...but they don't have a clue about what they're doing or what it all means."

Indeed, as the Testing Service's co-author, Professor Mary Lindquist, said, "Every time you (ask) anything that requires them to think, they just fall apart."

Among the recommended reforms: Reduce reliance on

textbooks and chalkboard, which often results in students parroting their teachers.

Also, once basic arithmetic is mastered, let calculators and computers do the routine work, freeing students to sharpen their skills to solve complex problems logically, by using their heads.

The need for improvement is urgent. According to the Department of Education, about 21 million U.S. adults are "functionally illiterate," meaning they either cannot read or write, or cannot do simple arithmetic.

The program involves not only our competitiveness in the industrial world, but national security as well. It is estimated that only 63 percent of whites and 14 percent of blacks graduate from high school with the basic skills the armed forces consider necessary for recruitment and training.

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Externally sponsored projects at Southern Illinois University at Edwardsville during fiscal year 1988 showed healthy increases, both in numbers and in dollars, over those of FY 1987.

Rosemarie Archangel, dean of the SIUE Graduate School, announced that university faculty and staff submitted 294 proposals for external funding during 1988, a 19 percent increase over the year before, when 189 proposals were submitted.

The number of external awards received by SIUE during FY 1988 showed a 15 percent increase. Faculty and staff were awarded 168 grants, compared to 47 awards last year.

Exclusive of student aid, funding for sponsored programs rose from \$5,799,960 in FY 1987 to \$5,978,401 in 1988. The university also received \$4,040,904 for student support.

In FY 1988, the university received a total \$10,017,355 in sponsored programs, compared to \$9,691,551 in FY 1987.

Faculty and staff currently have 79 proposals totaling \$3,345,247 pending agency action. Archangel said the 18 percent increase in the number of pending proposals and 28 percent increase in the amount of pending dollars suggests continuing faculty activity in sponsored programs for the next fiscal year, next year at this time, 67 pro-

posals were pending, representing \$3,398,094.

Dean Archangel said sponsored projects helped support the university's efforts to achieve several objectives. In the area of economic development, she said 26 projects were conducted with area industries.

"Eleven of those contracts were managed through the Center for Advanced Manufacturing and Production," she said, adding that faculty in the Schools of Business, Engineering, Sciences, and Social Sciences provided assistance to small businesses, municipalities, and growth associations.

SIUE faculty and staff also received a number of major grants from the National Science Foundation and the Illinois Board of Higher Education (IBHE) to provide assistance to the public schools.

As examples, Archangel cited grants to the department of chemistry which supported projects for instruction for black students in junior highs and high schools, and grants to the department of mathematics and statistics which provided training for mathematics teachers.

Externally sponsored programs also helped the university provide opportunities to the educationally disadvantaged. Grants from the U.S. Department of Education and from IBHE pro-

vided support for programs helping minorities prepare for post-secondary education.

Faculty and staff received 62 research grants, totaling \$1,132,400.

Archangel said grants from the National Science Foundation, National Institute of Health, McDonnell Douglas, U.S. Army Corps of Engineers, U.S. Bureau of Mines, Illinois Arts Council and other agencies supported a variety of research projects, including development of an improved burnout procedure for dental-casting fabrication, methods for rural road rehabilitation, West African gold, optical coating investigations, neutralization of acid mine lakes, and parallel algorithms for distributed memory machines.

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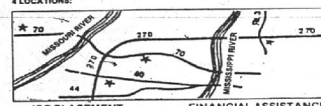
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Legion award given to St. Elizabeth student

Terry Yobby, who will be a freshman at Granite City High School this fall, recently received the American Legion award.

Yobby, who completed the eighth grade at St. Elizabeth School, is the son of Mr. and Mrs. John Yobby of Granite City.

While at St. Elizabeth's, Terry Yobby was a member of the lab choir, winning first place in both district and state competition.

He was a player on St. Elizabeth's basketball team, and an altar boy for the parish masses. Yobby belongs to Boy Scout Troop 13.

A drummer, Yobby was a member of the Granite City High School Band that recently



Terry Yobby

ly took second-place honors in the VP Far Parade.

Many options available to today's students

By Charlie Mosley
Staff affiliate

It's not unusual for high school students to have second thoughts about continuing their education because they simply aren't sure what to study, a number of educators say.

And, given the cost of higher education, many students are reluctant to attend a college or university, the educators say.

But the wide variety of schools, tuition costs and course options available today should persuade them to continue their education on at least a part-time basis, say the educators.

"There's a tremendous variety of options today that weren't available 20 years ago," said Richard Burnett, acting dean at the University of Missouri-St. Louis School of Education.

The options include night

school, work-study and weekend programs, part-time enrollment and community colleges, Burnett said.

Any of these alternatives might assist someone who lacks direction, he said.

"Students get a lot of pressure from teachers, counselors and parents as to what to study," said Edward Affsprung, associate dean of admissions at St. Louis University. "It's not critical for a student to immediately decide on a major."

"There's a wide range of course selections. About a third of our incoming freshmen are undecided majors. Another third end up changing their majors."

If a student is undecided, exposing him to a wide range of subject areas during his freshman year often will stimulate an interest, Burnett said.

"General education areas are what most freshmen would get into anyway," he said. "They'd take things like writing, the social sciences, liberal arts and math classes."

Gary Zack, vice president for enrollment, management and student services at Fontbonne College, agrees.

"Taking these classes will often determine interest and aptitude areas," Zack said. "Students who are undecided (on a major) can take introductory level courses in a variety of areas."

In addition, virtually all colleges and universities have academic advisors or counselors who can assist students in determining a curriculum, said Edgar Rusch, vice president for academic affairs at Maryville College.

Tests that help determine a student's interests and talents also are available, he said.

"If someone is undecided, going to college as an undecided major is a good way to shop and figure it out," he said.

Still, most experts agree it is counterproductive for parents to force college on an unwilling student.

Despite the importance of higher education in today's career market, if a student lacks motivation, he probably won't do well, they say.

Besides, many people decide to further their education at a later date. And not everyone is ready for college at the same time, experts say.

The best thing for parents to do is to "stress the value of higher education early on," he said.

Many Hispanic students dropping out of school

By Edward T. Hearn
P-RJ Washington bureau

WASHINGTON — The high-school dropout rate among Hispanic teens is the most important issue confronting the state's Hispanic population, according to a new survey.

The survey, released by the National Association of Latino Elected and Appointed Officials, found that affordable housing, accessible higher education and equal jobs and government services also are key issues for the nation's 18 million Hispanics.

"The social fabric in the community is in peril because dropouts are lost to the street. You are going to find them in our jails; 95 percent of the inmates at Joliet (prison) are dropouts," said Robert Rivera, legislative aide to Illinois State Sen. Miguel Del Valle, D-Chicago.

The 27-question survey was mailed last summer to more than 3,200 Hispanic elected officials in 30 states. An unspecified number of Illinois officials were among the 25 percent who responded, Michael J. Zamba, a spokesman for Washington-based

NALAEAO, said.

In 1983, an Illinois education task force found that the Hispanic teen-age dropout rate was 46 percent in Chicago and 35 percent statewide. Little progress has been made since, Rivera said.

But a statistician with the Illinois Board of Education said that in 1986, 150,000 Hispanic students were enrolled in the state's public high schools and 4,398 were recorded as dropouts, coming up with a much lower dropout rate than Rivera's.

Rivera responded by saying that when a student drops out in 9th grade he should be considered a dropout for the next three years. That method of figuring dropout rates yields the higher percentage that the task force reported, he said.

"Dropouts are not a one-year phenomenon. It is a four-year phenomenon. If you do these isolated shots of the numbers, it's misleading. We found the majority of the students (who do drop out) would drop out by the end of the 10th grade," Rivera said. Del Valle, one of the Illinois

Hispanic officials who responded to the NALAEAO survey, represents the largest Hispanic district in Illinois, a state in which Hispanics are the fastest growing minority group, Rivera said.

In Illinois, Hispanics comprise 5.9 percent of the population. According to the U.S. Census Bureau, between 1982 and 1987 the Hispanic population grew from 6.2 percent to 7.9 percent of the American population.

Rivera said the survey results' emphasis on schooling, housing and drugs should help Vice President George Bush and Massachusetts Gov. Michael Dukakis decide what to say when they make their appeals for the Hispanic vote.

"These are the basic family day-to-day life issues," Rivera said. "They need to be addressed because they are within our borders."

Bush, a Republican, has pledged that if he became president he would appoint a Hispanic to a cabinet post. Dukakis, a Democrat, and his running mate, Sen. Lloyd Bentsen of Texas, may make inroads in the Hispanic community because both men speak fluent Spanish, Rivera said.

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LT185/75R14 OWL	D	\$57.99	—
LT215/75R15 BSL	D	\$63.99	—
LT215/75R15 OWL	D	\$63.99	—
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P185/R09R13	\$49.95	P225/75R15	\$69.95
P195/R09R13	\$51.95	P235/75R15	\$72.95
P205/R09R13	\$54.95		
P215/R09R13	\$57.95		
P225/R09R13	\$59.95		
P235/R09R13	\$63.95		
P245/R09R13	\$66.95		

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For the record

Urine leakage common, treatable problem suffered by 10 - 12 million Americans

Reprinted
Barnes Health News

Not long ago, Maggie was having the time of her life. At 52, she had seen four children through college and into careers and marriages. She then had turned her boundless energy to local politics, community theater and honing her formidable tennis skills.

Her usual activity and exuberance, though, made the recent changes in Maggie's life all the more noticeable — and discouraging.

She limited her political activity to phone calls from her home, pressed up an audition for a coveted role and packed away her tennis racket. Even more disturbing to her family and friends, Maggie was becoming uncharacteristically irritable and depressed, and rarely left her home.

Maggie, though, was not suffering from clinical depression, or did she have an incurable disease. Maggie was having a customary reaction to a common disorder that no one talks about or wants to admit having — urinary incontinence.

People like Maggie may be surprised to learn that an estimated 10 to 12 million Americans are incontinent, or experience some degree of uncontrolled leakage of urine from the bladder. Not so surprising, though, is the fact that only 50 percent of those who are incontinent seek medical help for often treatable problem that creates undue embarrassment, frustration and depression.

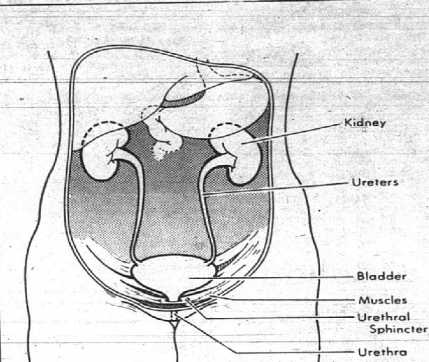
While troublesome and disruptive, inability to properly control the bladder is not a medical disorder in itself, but a symptom of an underlying physical problem ranging from weak pelvic floor muscles to an enlarged prostate gland.

What most affected persons don't realize, however, is that successful control often can be achieved, based on appropriate assessment and treatment of the underlying problem. The variety of problems that can cause urinary impairment underscores the value of proper diagnosis.

The bladder, the source of trouble for those with impaired ability to retain or release urine, is just one part of the body's urinary tract.

The system consists of two kidneys, which filter waste products from the blood and produce urine; two ureters, muscular tubes that move urine from the kidneys to the bladder; the bladder, a membranous, muscle-line reservoir for urine; and the urethra, the outlet through which urine leaves the body. Surrounding the urethra and supported by the pelvic floor muscles is a loop of muscles which functions as a sphincter to open and close the urethra. Located nearby in men is the prostate gland.

Incontinence, which strikes



women twice as often as men, is most frequently divided into four general categories: stress, urge, overflow and reflex.

Stress incontinence, by far the most prevalent type, is common among women like Maggie. In fact, one in five women over 40 and one in 10 women overall experience stress incontinence, or urine leakage when the bladder is physically stressed by abdominal pressure resulting from laughter, sneezing, rigorous physical activity or sudden movement.

Attributed to weak pelvic floor muscles that reposition the bladder and disrupt natural muscle function, stress incontinence is a common after-effect of pregnancy and childbirth, which stretch the pelvic floor muscles. Although women may experience temporary bouts of incontinence shortly after childbirth, the problem usually doesn't become persistent or disruptive until later in life, often following menopause when a drop in estrogen levels affects the elasticity and bulk of already weakened pelvic muscles, blood vessels and soft tissues.

Urge incontinence is characterized by an overwhelming urge to urinate with an inability to control the release. Approximately 11 to 15 percent of the population — again, mostly women — experience urge incontinence, in which an overly sensitive bladder signals fullness even when containing only a small amount of urine.

The bladder muscles contract unexpectedly, and the sphincter may not control it, resulting in a sudden and frequently embar-

assing release of urine. Overflow incontinence, unlike stress and urge, is related to difficulty in beginning urination or to incomplete emptying of the bladder.

Absence of an urge or inability to urinate completely leads to fullness and constant pressure in the bladder. The pressure can cause not only dribbling leakage, but also eventual damage to the kidneys.

Overflow incontinence often occurs when scar tissue, prostatic enlargement or an enlarged prostate narrow the urethra and prevent complete emptying of the bladder.

Reflex incontinence refers to complete lack of awareness of the need to void, commonly associated with spinal cord injury or other neurological disorders.

Incontinence, though, cannot be neatly tabbed and filed into structured groups with specific treatments.

Aside from pelvic muscle weakening and an enlarged prostate, causes of incontinence can include infection, certain medications, obesity, diabetes, tumors and surgical trauma, for example. The key to management is assessing the individual situation and developing an appropriate treatment program.

"It is most beneficial to seek evaluation when problems first appear," says Pat Hanick, clinical nurse specialist and coordinator of the bladder control center at Barnes.

"Incontinence can build up gradually to a point where a person may spend several minutes releasing a few drops 20 or

30 times a day to prevent accidental leakage.

"In addition, treatment in middle age is recommended because healing is less complex and tissue may be more responsive. It's important to remember that, while incidence of incontinence increases with age, it can hit any age group."

"While very mild cases of incontinence can be offset with the use of commercial products such as protective pads and underpants, there are options available for those whose incontinence is not managed so easily," adds Dr. Gerald Andriole, Barnes urologic surgeon.

"When incontinence prohibits activities and causes a dramatic change in lifestyle, it's certainly time to look for alternative solutions. Although incontinence cannot always be totally eliminated, it can almost always be improved and made more manageable."

Urinary incontinence in women often can be complicated by other underlying, undiagnosed gynecologic problems, cautions

Dr. Ernst Friedrich, Barnes gynecologist, and it is vitally important to correct all underlying conditions.

"A woman's urinary tract, reproductive and excretory systems are closely related anatomically," he says. "The physical demands of pregnancy and childbirth naturally stress and weaken those systems. In later years, when time and lowered estrogen levels take their toll, problems like urinary incontinence and vaginal prolapse (repositioning) can become evident. A bladder support device may not always solve a woman's problem if other nearby organs have become displaced."

"These kinds of problems underscore the importance of proper evaluation," emphasizes Miss Hanick. "Referral to the appropriate specialist, such as a urologist or gynecologist, is the first step toward control and is the primary goal of the bladder control center at Barnes."

Tracking down the cause of a urinary problem begins with a physician exam and charting of medical history, including infections, current medications, previous pregnancies and diabetes background.

Keeping a diary of urinary habits to record the pattern of incontinence is also helpful in the medical evaluation. Initial tests, current medications, previous pregnancies and diabetes background.

Associated urodynamic testing could include X-rays of the urinary tract to detect possible stones, a dye-assisted X-ray to locate internal leakage and blockage, cystometric analysis of the bladder and urethra function with a catheter, and visualization of the urinary tract with a lighted instrument, also known as cystoscopy.

While the causes of urinary incontinence are numerous and varied, treatment options are as plentiful, following proper assessment. Those options can range from specific pelvic-strengthening exercises to

surgery, in some cases.

Frequently, mild stress incontinence can be alleviated with Kegel exercises, isometric exercises that are performed over a specific length of time to increase the thickness of the muscles and tissues supporting the bladder.

"Regimented bladder training can counter urge incontinence, by establishing a time-controlled program in which the gradual increase the length of time urine is held in the bladder."

Self-catheterization, the insertion of a thin flexible tube into the bladder for drainage, can relieve overflow incontinence by emptying the bladder on a regular and personally convenient basis.

In some instances, medication is prescribed to clear up a urinary infection that could be causing abnormally frequent urination, for example, or to rebuild estrogen levels and subsequent pelvic floor muscle bulk.

In a small percentage of cases, surgery may be indicated to alleviate specific conditions. Women like Maggie, whose life was disrupted and radically modified by stress incontinence, could be candidates for bladder suspension surgery, in which the bladder and bladder neck are surgically repositioned to restore a more normal support structure.

A small percentage of men who experience complete loss of bladder control following removal of the prostate gland for medical reasons can benefit from insertion of an artificial sphincter that is controlled externally with a small and inconspicuous pump. Recipients empty the bladder at regular intervals by opening or closing the implanted artificial sphincter.

"It's important for those who are incontinent to realize that they are not alone," says Hanick. "While incontinence can seem disruptive and embarrassing, it doesn't have to be."

Ask Maggie, if you can catch up with her.

Stabbing Illinois Realtors Convention planned

Man stabbed outside bar on State Street

(Continued from Page 1A)
A man was stabbed outside a bar on State Street Monday night.

The victim, who was not injured, was taken to the hospital and is expected to recover. The suspect, who was not injured, was taken to the hospital and is expected to recover.

The men turned on Ritz and one stabbed him. Replogle, watching this from his truck, picked up Ritz, took him to the hospital and called police.

Popular speakers, timely information, quality entertainment and an extra day of coverage are just some of the features of the Illinois Association of Realtors convention Sept. 19-20 at the Adam's Mark Hotel, St. Louis.

The opening session will feature Pat Paulsen, a regular on the summer TV circuit, and Jerry Whitely Herzog, manager of the St. Louis Cardinals, will be the speaker at the Monday awards luncheon.

Educational sessions will be led by popular and nationally known speakers, including Zebby, Steve Stewart, Jack Barker and Danielle Kennedy.

To register for the convention, the number is 1-800-252-2910.

Attends program

Arkansas State University, Jonesboro, conducted its football season for new students July 20, according to Dr. Karon Toombs, director of the program. Those attending included Phil Cory Jr., Granite City.

Arkansas State University, Jonesboro, conducted its football season for new students July 20, according to Dr. Karon Toombs, director of the program. Those attending included Phil Cory Jr., Granite City.

Obituaries

Alborn

Henry E. Alborn, 92, Granite City, died at 1:15 p.m. Sunday, Aug. 7, 1988, at St. Elizabeth Medical Center.

Mr. Alborn was born Oct. 9, 1895, in Scottville, Ill., and resided in Granite City since 1942. He was employed through Local 633 for 21 years as a carpenter and millwright, prior to retiring in 1962.

He was a 70-year member of the Masonic Lodge, Scottville. A veteran of the Army Infantry in World War I, he was of the Protestant faith.

Survivors include his wife, Pearl (Miller) Alborn; three daughters, Maxine Rataczak and Frances Swankowski, both of Colorado Springs, Colo., and Edna Harris, Seattle; 14 grandchildren and nine great-grandchildren.

Visitation was held Tuesday from 4:30 to 9 p.m. at Irwin Chapel for Funerals, 2801 Madison Ave. Funeral services will be held at 10 a.m. Wednesday at Irwin Chapel, followed by graveside services at 1:30 p.m. at West Scottville Cemetery, Scottville. Memorials may be made to Niedzwiedz Methodist Church, Granite City.

Albrecht

Kenneth F. Albrecht, 63, 236 Sunny Shores, Mitchell, suffering an apparent heart attack, was pronounced dead at his home at 1:40 p.m. Sunday, Aug. 7, 1988, by Madison County Deputy Coroner Ed Warner.

Mr. Albrecht was born Jan. 25, 1925, in St. Louis.

Survivors include three sons, Dale K. Albrecht, Granite City; Mark L. Albrecht, and Timothy D. Albrecht, both of St. Louis; one daughter, Tammy Albrecht, St. Louis; two brothers, Louis and Art Albrecht, both of St. Louis; two sisters, Mildred Popchick and Athleen Brandt; and one grandchild.

Baker

Paul J. Baker, 62, 2223 State St., was pronounced dead at his home at 3:10 a.m. Tuesday, Aug. 9, 1988, by Madison County Deputy Coroner Ed Warner. Mr. Baker had been in ill health since 1976.

Born Jan. 17, 1926, in McEwen, Tenn., he had lived in Granite City for many years. He retired in 1978 from Granite City Steel after 31 years in the hot strip and blooming mill areas. He was a member of First Baptist Church, Masonic Lodge 835 and the Scottish Rite in Belleville.

Survivors include his wife, Louise (Jordan) Baker; one son, Philip Baker, Granite City; three daughters, Mrs. Jon (Elizabeth) Iavelle, Glen Carbon; Mrs. Terry (Sandra) Curran, Edwardsville; and Paula L. Baker, Alton; and six grandchildren.

Arrangements are pending at Irwin Chapel for Funerals, 2801 Madison Ave., 877-6500.

Koberna

Joseph Koberna, 78, of Harvey Place, died at 4:45 a.m. Sunday, Aug. 7, 1988, at St. Elizabeth Medical Center. He had been ill two months.

Mr. Koberna was born Dec. 1, 1909, in Edwardsville and resided in Granite City all of his life. He was employed at Brightman Distributing Co. for 25 years as a shipping clerk prior to his retirement in 1970.

Survivors include his wife, Clara (LaVora) Koberna; one son, Roy Koberna, Granite City; one daughter, Mrs. Jerry (Barbara) Wilton,

Granite City; two sisters, Mary Smierick and Agnes Crews, both of St. Louis; five grandchildren and two great-grandchildren.

Visitation was held Monday at Irwin Chapel for Funerals, 2801 Madison Ave., where funeral services were conducted Tuesday by the Rev. David Fielding. Burial was at Buck Road Cemetery, Maryville.

Gary Dale

Gary Dale, 39, Fort Branch, Ind., formerly of Granite City, died Saturday, Aug. 6, 1988, from injuries he received in an automobile accident in Pekin, Ill.

Mr. Dale was born in Alton and lived for many years in Granite City before moving to Indiana three years ago. He was a heavy equipment mechanic for Mijack Products, Evansville, a member of Omaha General Baptist Church, and a U.S. Army veteran.

Survivors include his wife, Mae; three sons, Travis Dale, Pekin, and Benjamin and Thomas Dale, both of Fort Branch; one stepson, Troy Keefen, Pekin; his mother, Zella Sherman, Mitchell; three brothers, Kenneth Dale, Ridgeway, Ill., Ronald Dale, Wood River, and Paul H. Dale, Mitchell; and one sister, Mrs. Norman (Daisy) Burns, Brighton.

Visitation began at 4 p.m. Tues-

day at Thomas Memorial Mortuary, 2205 Pontoon Road, where funeral services will be held today (Wednesday) at 2 p.m. Burial will be at Rose Lawn Memorial Gardens, Bethalto.

Krugjohn

Ralph Leo Krugjohn, 57, Edwardsville, died at 6:15 p.m. Monday, Aug. 8, 1988, at St. Louis University Medical Center, St. Louis.

Born July 16, 1931, in Chicago, he was cemetery manager for St. John Cemetery, Granite City. He had also worked for 11 years at the Edwardsville National Bank and retired in 1972 from the U.S. Army after 24 years of service. He was a member of Edwardsville American Legion Post 199.

Survivors include his wife, the former Terry T. Maegawa, whom he married Feb. 2, 1963, in Koryu, Japan; one son, Robert L. Krugjohn, Edwardsville; one daughter, Ruby Winchester, St. Louis; one sister, Frances Burdick, Edwardsville; and three grandchildren.

Visitation will begin at 5 p.m. today (Wednesday) at Weber Funeral Home, 304 N. Main St., Edwardsville. Funeral services will be held at 1 p.m. Thursday at the Rev. Donald Stevens officiating. Burial will be at National Cemetery, Jefferson Barracks, Mo.

Mitchner

McKinley Mitchner, 90, of 202 Allen St., Eagle Park, died Wednesday, Aug. 3, 1988, at 6:40 a.m. at St. Elizabeth Medical Center.

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ter. He had been a patient since July 11.

Mr. Mitchner was born Nov. 24, 1897, in Augusta, Ark., and had been a resident of Eagle Park for 10 years. He was a member of the Galilee Baptist Church, Madison.

He is survived by his wife, Geneva; one daughter, Juanita Jones, Chicago; one sister, Carrie Summerville, Peoria; two grandchildren and two great-grandchildren.

Funeral services were conducted Saturday at Canaan Galilee Baptist Church by the Rev. Dr. R. J. Howlett, pastor. Burial was at Sunset Gardens of Memory Cemetery, Millstadt. Officer Funeral Home, East St. Louis, handled the arrangements.

Pentecost

Wayne C. Pentecost, 75, Granite City, died at 8:10 p.m. Friday, Aug. 5, 1988, at St. Elizabeth Medical Center. He was 68 years old at the time of his death.

Born in Tennessee, he lived in Granite City many years. He retired in 1972 as a real estate salesman and had been a member of the Masonic Lodge 542.

Survivors include his wife, Anna; six children, all residing in Oregon; one brother, Clinton Pentecost, Georgia; two sisters, Jessie Beman, Florida, and Mary Carlie, Tennessee; and 20 grandchildren.

His body was donated to St. Louis University School of Medicine. Thomas Memorial Mortuary, 2205 Pontoon Road, handled the arrangements.

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Siglock

Phillip C. Siglock, 16, Edwardsville, was pronounced dead at the scene at an automobile accident Monday, Aug. 8, 1988, at 8:50 p.m. The accident occurred just outside of Edwardsville on Quercus Grove Road, a road leading toward Carpenter.

Born Feb. 2, 1972, in Granite City, he was an honors student at Edwardsville High School and would have been a junior student this fall. He was on the soccer, wrestling and baseball teams at the school, and attended the United Church of Christ, Edwardsville.

Survivors include his mother, Joelle S. (Sneed) Siglock, Edwardsville; his father, Martin R. Siglock, Carpenter; one brother, Derren M. Siglock, serving with the U.S. Army at Ft. Benning, Ga.; his maternal grandmother, Betty D. Sneed, Granite City; paternal grandmother, Beulah J. Sneed, Granite City; and maternal great-grandmother, Sylvia C. Koe, Anna, Ill.

Visitation will be held from 4-9 p.m. today (Wednesday) at Weber Funeral Home, 304 N. Main St., Edwardsville, where funeral services will be held at 11 a.m. Thursday. The Rev. Herbert Stemler will officiate. The Weber telephone number is 656-4655.

THANK YOU

Thank you seems so small to say for all your prayers, calls, cards, gifts visits, and donations to the family during our son, Jason Mizell's, recent heart surgery and recovery. You truly find out how much you are in need of. May God grant blessing to you, Thank you so much, many thanks.

DICKY, SUE AND JASON MIZELL

Local/Regional

Drought translates to big losses for barges

P-R/J Washington bureau
WASHINGTON — The nation's barge and towing industry expects to lose from \$150 million to \$200 million this year because of drought conditions on the Mississippi River, the American Waterways Operators announced Aug. 1.

Despite the large anticipated loss, Waterways Operators President Joseph Farrell said the \$2-billion-a-year industry would not seek a federal bailout but eventually might ask for diversion of Great Lakes water to raise the river level.

Farrell said the diversion, a drought-relief measure the U.S.

Army Corps of Engineers rejected last month as not having a large enough impact, would raise the river level by six inches near St. Louis.

"We do not agree that it would not be helpful," Farrell said in a press conference at the National Press Club. "We think it would be significant."

Farrell said towing and barge firms were having their biggest problems in the lower Mississippi River, where river movement has dropped from 500,000 to 90,000 cubic feet per second. He said the \$200 million loss, the maximum projected, would equal a 20 percent revenue

decline in an industry which Farrell said is largely unprotected by drought insurance.

"That will give you some idea of the drought's impact on the river and the concomitant effect on our industry," Farrell said.

The Waterways Operators' loss estimates were based on a survey last month of 45 percent of the companies doing business on the Mississippi River and other drought-affected inland rivers.

The organization represents 300 firms, Farrell said.

Addressing the drought's larger implications, Farrell said the towing and barge industry is responsible for moving 60 per-

cent of the nation's export grain, more than 40 percent of the nation's petroleum and petroleum products, and 20 percent of all U.S. coal.

Asked why the barge and towing firms would not seek federal aid like the \$6 billion for farmers that Congress overhauled approved last week, Farrell said the industry was trying to avoid the perception that it was reliant on federal largess.

"The answer to that is that this industry has been struggling with the 'pork barrel' issue, which we think has been hung around our neck unfairly," Farrell said.

Granite Citian will attend seminar

Adam Schneider, Granite City, will be one of 750 participants when he attends Lambda Chi Alpha International Fraternity's 42nd general assembly and leadership seminar Aug. 14-17.

Lambda Chi Alpha is North America's third largest college fraternity with more than 100,000 members and 254 chapters and colonies in the United States and Canada.

Members and guests will converge on Marriott's Camelback Inn Resort, Scottsdale, Ariz., to attend workshops, seminars, banquets and legislative assemblies. Schneider attends Culver-Stockton College.

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Sales tax revision legislation praised by Illinois retailers

Illinois retailers have congratulated Gov. James Thompson for signing legislation which will overhaul the state's sales tax system.

"Senate Bill 1859 not only untangles the collection and reporting of sales taxes for retailers, but makes those taxes more comprehensible to the consumer," Illinois sales taxes have caused a lot of confusion — there were thousands of rates — said Jim Buresh, national director of state and local taxes for Sears, Roebuck and Co., and chairman of the Illinois Retail Merchants Association's Tax Committee.

"SB 1859 greatly simplifies reporting and compliance and will eliminate duplicate filings and audits for retailers. Consumers will soon be able to understand the way the sales tax operates in Illinois."

The bill was sponsored by six legislators, including House Majority Leader Jim McPike, D-Alton.

Effective immediately, photo-finishing has become taxable,

based on its full retail price.

Beginning Jan. 1, 1990:

1. Local sales taxes are consolidated into a single state tax except for transit, home rule and special district taxes.

2. General sales taxes — except for home rule sales taxes — are filed on a single state return with a 1.75 percent collection allowance on the entire return.

3. Service occupation taxes are computed on the itemized retail price of the tangible personal property transferred as part of the service. If not itemized, then the tax applies to 50 percent of the total retail transaction.

4. The state "use tax" is increased to 6.25 percent from 5 percent, thereby eliminating the advantage of buying out of state.

Starting Sept. 1, 1990:

1. All general sales taxes, including home rule taxes, are filed on a single return subject to a 1.75 percent collection allowance.

2. Home rule sales taxes must conform with the state sales tax base.

3. Home rule restaurant taxes do not apply in grocery stores.

Starting Sept. 1, 1990:

1. All general sales taxes, including home rule taxes, are filed on a single return subject to a 1.75 percent collection allowance.

2. Home rule sales taxes must conform with the state sales tax base.

3. Home rule restaurant taxes do not apply in grocery stores.

Upchurch to lead planning commission

The Southwestern Illinois Planning Commission has elected officers for its 1989 fiscal year.

Monroe County Board Chairman Carl Upchurch was elected president and Clinton County Board member and governor's appointee to the commission Jack Lampen was elected vice president.

Gene Brombolch, mayor of Collinsville, was elected treasurer and Ray Buescher of Washington County was elected secretary.

Past President Norman Rieso was appointed to represent the commission on the East-West Gateway Coordinating Council, the designated organization for transportation planning in the metropolitan area.

The commission also confirmed appointments to the legislatively-mandated Southwestern Illinois Council on Economic Development. The council is responsible for directing programs of the Economic Development Administration. Those appointed were:

• Leslie Morgan, United Steelworkers Subdistrict director; Ralph Korte, Korte Construction Co.; Mike Curry, Curry & Associates Engineers; Raymond Hardimon, St. Clair County agricultural extension advisor; Velda Gerstenecker, statistical research supervisor, Illinois Bureau of Employment Security; Mark Spizzo, Department of Commerce and Community Affairs marketing representative; Matthew Meluch, Executive Services (Madison County); Lon Smith, mayor of Wood River.

Richard J. Marks, St. Clair County Intergovernmental Grants Department; Dorothy Franek, executive director, Western Egyptian Economic Opportunity Council; and Edward Crow, Poetker Construction Co.

In addition to confirming various internal committee appointments, the commission reappointed Mrs. Elizabeth Sanchez-Setzer of Image Inc. and Reese Hoskin of the Madison County Urban League to be commissioners.

Executive Director Robert L. Pinkerton said meetings had been held with other regional groups with which a strong alliance should be maintained. He urged commitments for cooperation between groups. In response, the commission agreed to apply for membership in the Regional Commerce and Growth Association.

Contracts for technical services were approved for the City of Trenton, Clinton County and the Village of Shiloh. The commission decided to hold every other meeting in different parts of the seven-county region.

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12' x 16'	\$387
16' x 16'	\$518

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Hepatitis increasing in Illinois

By Bernard J. Turnock
M.D., director, Illinois
Department of Public Health

A disease that often causes confusion in the minds of many people is Hepatitis. Probably the main reason for the confusion is that, although Hepatitis is a common illness, there are several types.

Hepatitis, which means inflammation of the liver, can be caused by any one of several viruses. There are at least four types of Hepatitis.

•Hepatitis A (formerly called infectious Hepatitis).

•Hepatitis B (formerly called serum Hepatitis).

•Hepatitis D (delta Hepatitis).

•Non-A, Non-B Hepatitis.

Hepatitis A is most common among children. It is transmitted when children have hand contact with the feces of an infected person, and then place their hands or fingers into their mouths before the hands are thoroughly washed.

In this same way, children can also contaminate food, dishes, eating utensils, toys or other objects that may be put into their mouths.

The Hepatitis A virus can also be found, at times, in drinking water and in some foods, such as raw or steamed clams, oysters and mussels.

The Hepatitis B virus can be found in many of the body fluids and secretions of an infected person and it can be transmitted through sexual contact, from infected mother to her newborn, or by puncturing the skin with contaminated items such as those used for tattooing, ear piercing, acupuncture and medical or dental procedures.

The Hepatitis D virus is spread the same way as Hepatitis B, but can infect only those who are infected by the B virus. Infection by Hepatitis D alone does not occur, since the D virus cannot survive on its own, but depends on the presence of the Hepatitis B virus for survival.

Although the transmission of the non-A, non-B strain is not fully understood as yet, blood transfusions are the major method of transmission.

Because there is no laboratory test that will detect the presence of this virus in blood, the non-A, non-B virus is the cause of the majority of cases of Hepatitis from transfusions.

Even though there are different strains of the virus, the symptoms of infection are the same. The most common symptoms are fatigue, mild fever, body aches, nausea, vomiting, loss of appetite, abdominal pain and, in some cases, diarrhea.

Some people have symptoms so mild they don't realize they're ill. Others believe the symptoms are indicative of influenza.

Just a few Hepatitis victims suffer more severe symptoms, including the jaundice that makes the skin and whites of the eyes appear yellow.

If Hepatitis symptoms occur, a physician should be consulted. Although there is no medication that will "cure" viral Hepatitis, your doctor will determine whether you have Hepatitis and, if so, advise you about diet, rest, activities and measures to prevent transmission to others.

In most cases recovery occurs in a month or two, and most people recover completely from Hepatitis A. A few patients may experience a mild relapse several months after the onset of the original illness, but still recover completely.

The best defense against Hepatitis is to take measures to prevent its transmission.

Hepatitis A can be controlled with careful handwashing after using the bathroom, with separate linens and eating utensils for the infected person, regular scrubbing of toilet seats, and liberal use of hot water and soap when washing clothes and eating utensils.

Transmission of all other forms of Hepatitis can be prevented by avoiding exposure to infected blood or body fluids and by not sharing items that can puncture the skin—razor blades, scissors, nail files, needles, etc.

Also, do not share items that may be contaminated by body fluids, such as toothbrushes, and avoid intimate contact with an infected person.

Each year, the number of reported cases of viral Hepatitis increases. It is expected that about 1,000 Illinoisans will develop Hepatitis during the coming year, and half of them will be children.

Protecting yourself against exposure to Hepatitis is the most effective means of reducing the spread of this disease.

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Study says Catholic hospitals providing fair share to charity

The St. Louis-based Catholic Health Association of the United States (CHA) has released a report indicating that Catholic hospitals across the country are doing their fair share of charity care.

The report calls for new definitions to more adequately measure the charitable activity of the nation's hospitals.

The CHA study, "Healthcare for the Medically Indigent by Catholic Hospitals," was released by the CHA Board of Trustees during the 73rd annual Catholic Health Assembly, held in Nashville, Tenn. The study is based on data from 1985-86.

According to the study, the nation's Catholic hospitals provided more than \$1.1 billion in uncompensated care in 1986. That accounts for 14 percent of all charity care/had debt costs in U.S. acute care hospitals that year. Catholic hospitals com-

prise about 16 percent of acute care hospital beds.

However, the CHA study points out that total charitable activity by Catholic hospitals is significantly greater than uncompensated care as traditionally measured, "because traditional definitions and accounting systems do not include the unreimbursed costs of serving patients in state and local medically indigent programs, and the costs of nonrevenue charitable services."

The study adds: "Many Catholic hospitals provide significant nonrevenue charitable services that have previously gone unreported."

"Some of these services include inpatient and outpatient services for which there is no billing and, therefore, no reporting; free and discounted clinics and prescription drugs; donations to disaster relief; and

health-related services, such as free lodging to patients' families.

Among the report's recommendations are the following:

•Develop systems for more accurately measuring and reporting the full range of the charitable activity.

•Develop better ways to capture and convey the value to the community of such hospital activities as teaching, research and community services.

•Develop methods for reporting data from these efforts in a consistent format that facilitates aggregation at the local, regional, state and national levels; and

•Assume a pro-active role in their communities to determine communitywide health needs — and planning for how the needs can be met by private institutions, state and local.

Alcohol, drug counselor named

Daniel R. Herbst, formerly a program supervisor for Treatment Alternatives to Street Crime Inc., has been named to the position of counselor for the Alcohol and Drug Awareness Program at Southern Illinois University at Edwardsville.

The program is a part of the Wellness Program at SIUE's Health Service.

Herbst will provide counseling to the university community on substance abuse-related issues.

Previously, Herbst had worked with a pilot substance abuse program at Cahokia High School. Herbst also has been a dormitory director and instructor at Lincoln College, and a counselor at a Gainesville, Fla., correctional institution.



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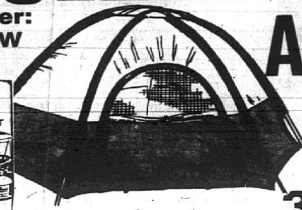
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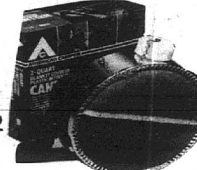
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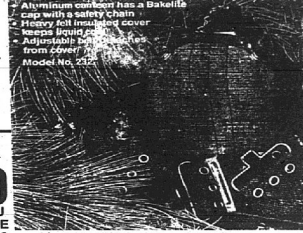
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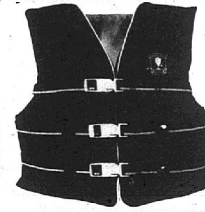
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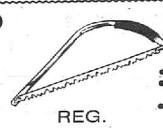
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Travel

U.S. Customs' list of no-no's often ignored

By Judith Glynn
Staff affiliate

Katherine Weil is an inspector for the U.S. Fish & Wildlife Service at New York's John F. Kennedy Airport. She faces a tough job. Most of it consists of seizing items from returning Americans and visiting foreigners.

One man cried and begged to get his crocodile shoes back. An elderly woman ripped her ocelot hat into shreds and stomped on it. If she couldn't have the hat, no one else would.

But the pleas and tantrums fall on deaf ears. Weil is one of many wildlife enforcement inspectors at U.S. international gates whose jobs are to seize illegal goods passing through customs or through the mail. Many times a stiff fine is levied.

Travelers' ignorance of U.S. laws accounts for most of the seizures. Many regulations support international treaties that save extinct species of animals. But a shortage of staff allows far too many illegal items to pass through.

U.S. Customs inspectors are the first to alert Fish & Wildlife inspectors when they suspect an illegal entry. The traveler is taken aside, the item inspected,

and a judgment and seizure made on the spot. The item will not be returned. Money is never refunded, nor can the item be returned to the seller.

Inspectors do not keep seized items. They are stored in government warehouses, given to museums and universities, displayed at airports, shown to school children or destroyed.

The United States is grouped with France and Japan as the world's largest consumer of wildlife products. For the unsuspecting traveler on a shopping spree, knowing what to avoid is complicated. A general rule of thumb is to stay away from all spotted cats. Of the 30 species of crocodile, 24 are protected. American alligators are legal; in fact, skins are shipped abroad from the United States for manufacture and sale.

Lizard-skin and many snake-skin items originating in Latin America and certain Asian countries are out. Also prohibited are all sea turtle products, such as tortoiseshell jewelry and combs, and creams and cosmetics made with turtle oil. Coral products and some ivory

In addition to certain live birds, those that are already mounted are illegal.

Cunard Princess to host four-day 'Star Trek' cruise, from Vancouver to California

Cunard Princess hosts "Star Trek" fans for a four-day cruise departing Vancouver on Sept. 10. James Doohan (Scotty) will

join Walter Koenig (Chekov), Majel Barrett (nurse Chapel), Mark Lenard (Sarek) and others on the Princess. Passengers will

dine and talk with the "Star Trek" celebrities. Ports of call are San Francisco and Los Angeles.

Cruise fares, including air, are \$850 and \$750. For more information, call Travel Advisors of San Jose, Calif. at (408) 297-2121.

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Safe trip no accident

By Deborah Reinhardt
Staff affiliate

This week, I read a travel pamphlet with a section that explained how travelers should behave in a hijacking or hostage situation.

Travel brochures are not all fluffy publications designed only to ignite wanderlust.

Actually, Americans are a lusty bunch when it comes to wandering the world. Last year, 4.8 million passports were issued to American citizens by the U.S. State Department's Bureau of Consular Affairs.

Americans return to their favorite European haunts. Travel surveys show the Orient is gaining in popularity. And Americans are exploring countries that only recently put out the welcome mat for tourists.

Now more than ever, travelers must be savvy sojourners. The U.S. State Department can help. The department's Bureau of Consular Affairs operates a Citizen's Emergency Center that provides several services, including travel advisories. The advisories are published to inform American travelers of conditions that could adversely affect them abroad. This service was established in 1978.

Advisories deal with safety, health hazards, strict detention laws and even shortages of hotel rooms. They are regularly updated so travelers can track conditions in the intended destination country.

The department limits advisories to significant risks; travel warnings issued by the department involve high potential for physical danger or violence. It is rare that the department recommends staying in a country, instead, the department tells the public about potential problems so that travelers can exercise extra caution.

Frances T. Jones, press officer for the Bureau of Consular Affairs, said most of the advisories involve civil unrest — curfews due to fighting, or threats of terrorist activities against Americans, for example.

"What we are looking for is a pattern of episodes that could affect travelers," Jones said. If a country is unwilling or unable to afford normal protection, it will be flagged as a potential trouble source.

Travel advisories are posted in field offices of the U.S. Department of Commerce (in the St. Louis area, 711 Forsyth, Clayton). Travelers also can call the Citizens Emergency Center at 202-647-5225. An agent will mail information to you or answer a quick question.

Two booklets, "Your Trip Abroad" and "A Safe Trip Abroad," are available by writing the Bureau of Consular Affairs, room 6811 U.S. State Department, Washington, D.C. 20520.

The information will help you prepare a trip abroad. Whether you travel independently or with groups, the Citizen's Emergency Center is a good place to start your trip.

"Americans are careful travelers," Jones said. "They do not try to defy laws or take unnecessary risks."

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Entertainment

August 10, 1988—GRANITE CITY JOURNAL

De Niro plays role light, right in 'Midnight Run'

By Harry Hamer
Staff affiliate

Throughout his distinguished career, actor Robert De Niro has been many things. But with the possible exception of "The King of Comedy" in 1983, he very seldom has been funny.

That was the case until the release of "Midnight Run" (34 stars) in which De Niro and Charles Grodin handle the comedy-adventure in a way few acting duos could.

De Niro plays Jack Walsh, an ex-Chicago cop bounced from the force by his superiors because he would not partake of kick-back money from the Mafia. What few scruples Jack had cost him his career and his wife.

Needing honest money, Jack turns to one of the few careers where he can use his police skills. He becomes a bounty hunter who retrieves people who have skipped on their bail bonds. The new profession presents him with the challenge of finding Jonathan Marudak, also known as The Duke, who is portrayed

by Grodin.

The Duke was an accountant for the mob who decided to steal \$15 million of the syndicate's money. Although he gave a lot of the dough to charity, the mob guys still want to get their hands on The Duke so they can give him a new address, preferably one 6-feet-under.

Finding The Duke is easy for Walsh, but returning him to Los Angeles from New York is not. The impediments include another greedy bounty hunter, the FBI and the mob, all of whom

want to take possession of The Duke for their own purposes.

"Midnight Run" is a cross-country chase that is relentlessly entertaining and full of surprises. Yaphet Kotto is funny as a frustrated FBI special agent. John Ashton is hilariously as another bounty hunter who wants to horn in on Walsh's action with The Duke.

But it is the teaming of De Niro and Grodin that really makes "Midnight Run" work. Rated R (violence, language). Running time is 120 minutes.

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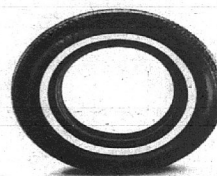
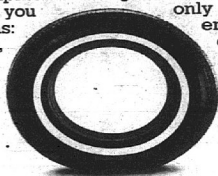
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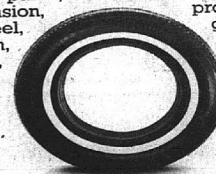
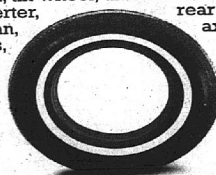
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Around the kitchen



SPICE UP A TOASTED CHEESE sandwich by melting it between flour tortillas and topping it with a fruity tomato salsa.

Mexican style cheese sandwich has salsa top

Summer is in full swing with the kids having fun, building big appetites, as they use up pent-up energy.

Keeping them out of the junk food without mom spending hours in the kitchen preparing healthy snacks often creates a problem. Here is a snack that kids will love, and it is easy enough that they can prepare it themselves.

Flour tortillas are filled with grated cheese, then heated in a skillet, until the cheese melts. A scrumptious salsa topping of tomatoes, mild green chiles and kiwifruit is spooned over the top to make the snack complete. The tangy, yet sweet flavor of the kiwifruit offsets the sometimes warm flavors of the tomato and chiles. The addition of fruit compounds the nutrients in this dish, too. Children never will suspect that a snack that tastes so good is actually good for them.

Fruity Salsa will keep several days in a refrigerator. It can be spread on crackers too, with cream cheese for an instant grown-up snack.

Quesadillas with fruity salsa

- 2 kiwifruit, peeled, chopped
- 1/2 cup chopped, seeded tomato
- 2 tbsp. diced green chiles
- 2 tsp. thinly sliced green onion
- 1 tsp. chopped cilantro
- 1 clove garlic, minced
- 1/4 tsp. oregano
- 1/4 cup shredded Monterey Jack cheese
- 4 (7 inch diameter) flour tortillas

Combine kiwifruit, tomato, green chiles, onion, cilantro, garlic and oregano. Set aside.

Toss together Monterey Jack and cheddar cheeses. Top 2 tortillas with even portions of cheese. Top each with remaining tortillas.

Cook quesadillas in large skillet over medium heat, turning frequently, until cheese is melted. Remove from skillet. Cut each quesadilla in quarters, and top with salsa to serve. Makes 4 servings.

Salad-wise heart watchers keep fat low but flavor up

By Jacqueline Lankfer
Registered dietitian
American Heart Association

If ever there was an anything-goes kind of food or an eat-it-anytime food, its name is salad.

Salad is not an easy term to define. Salads can be appetizers, first courses, accompaniments to dinner, whole meals or even desserts. Most are cold, but some of the best are hot.

The most common salad is green and leafy. Grocery stores offer a variety of lettuce and other greens from which to choose, along with an assortment of tasty vegetables and dressings to complete the dish. Generally, these green salads are heart-healthy, as long as high-fat ingredients like salad dressings and cheese are kept to a minimum.

Another common mealtime favorite is fruit salad. Its rich colors and natural sweetness perk up any meal. Vanilla-flavored low-fat yogurt or unsweetened fruit juice serves a dual purpose of adding extra flavor while preserving bright colors. Cooks who like to plan ahead serve vegetables and a fruit in gelatin salads. Their shimmering shapes add eye appeal to many buffet suppers, so when they are served in individual molds, they make a wonderful first course or low-calorie dessert.

Salads made with potatoes, rice, pasta or beans are probably the most challenging to prepare in a heart-healthy, low-fat way. Many recipes require large quantities of mayonnaise, eggs, sour cream or other fat-laden ingredients. Most traditional recipes easily can be altered to lower the fat content without deteriorating flavor. Here are a few suggestions:

Use reduced-calorie mayonnaise instead of regular mayonnaise. The reduced-calorie variety has half the fat. To further cut fat, reduce the portion of mayonnaise by one-third to one-half and add well-drained,

non-fat plain yogurt to complete the ingredient requirement. To drain yogurt, let yogurt set one hour in a colander lined with a coffee filter.

Recipes calling for whole eggs are generally high in cholesterol. Reduce cholesterol by discarding some or all yolks. Egg whites are cholesterol free.

An alternative for recipes requiring several whole hard-boiled eggs is the use of scrambled egg whites with one or two yolks. Finely chop scrambled eggs. Better yet, scramble and chop a commercial egg substitute. This alternative is a good answer in potato salads or other traditional salads where egg yolks play an important role.

Many salad recipes derive flavors from bacon. Try substituting lean ham or Canadian bacon.

Recipes calling for sour cream or other heavy creams usually can be altered to lower fat content. Once again, plain non-fat yogurt works well in most cold salads and many hot salads. In hot salads, it is best to add whipped yogurt just before serving to avoid curdling. Other alternatives are evaporated skim milk or skim milk thickened with cornstarch or flour.

The following recipe for Celery Seed Dressing is excellent over fruit or vegetable salads. Try it over a combination of broccoli, onion, raisins and pumpkin seeds. Garnish with imitation bacon bits.

Celery seed dressing

- 1/2 cup undiluted frozen lemonade concentrate
- 2 tsp. honey
- 1/4 cup oil
- 1/4 tsp. celery seeds

Combine lemonade concentrate, honey, oil and celery seeds and blend. Serve on fruit salad. Yields 1 cup. Each tablespoon yields 60 calories, 4.5 gm. fat, trace of sodium and no cholesterol.

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Tired chefs wrap up cooking in towels

By Janice Denham
Food editor

Tired of grilling, planning meals and just plain cooking? Meet Thelma Pressman. She is turning hot old routines into a fresh summertime breeze. Pressman is a pioneer in the microwave teaching field. She believes in eating well, enjoying the foods of summer, yet staying away from the heat of the kitchen and the smoke of the grill as much as possible.

"One of the things I like to tell people is that if they would learn to love the microwave for the things it likes to do best and not twist its arm to do the things it doesn't, then they won't be frustrated," she says. "The appliance has its limits just like a barbecue grill and a broiler."

Pressman was in St. Louis recently to tout the efficiency of Bounty microwave paper towels as the most efficient way of cooking many things from stuffed peppers to pizza on a tortilla, from chicken to baked apples—in a microwave for immediate eating or as a time-saver later on the grill.

She feels a paper towel designed for use in a microwave is, first of all, a perfect weight for avoiding messes. It is also considered safe for cooking without bleaches or dyes.

Using a paper towel is easy. Place two connected microwave paper towels flat with the food down the middle perforation. Fold in from the edges, then from the end. For steaming fruit, vegetables or meat, hold the packet under running water until soaked, but not dripping. Press out excess water by simply heating something like a sandwich, don't wet the bundle. Place the packet on a microwave-safe plate, perforated side up. Microwave as desired, then open on perforations for easy removal.

Pressman likes to cook a fish steak this way. It can be poached in water, but bouillon, white wine, chicken stock or margarine could be used. The fish can be coated with bread crumbs.

"The moisture stays in the towel, yet keeps the food from drying out while the nutrients stay in the food," she says. "I don't like to throw liquid in the bottom of a dish. I would rather wrap the moist towel around it to attract the microwaves for even cooking."

Steamed vegetables are another favorite for color in salads and dip platters. Two cups of broccoli flowerets, with stalks sliced thin, will cook in a wet packet in 3 to 5 minutes, plus a standing time of 5 minutes. Blanching takes seven minutes per pound, with half the amount of time allotted to icy water immediately after the boil. This amounts to two minutes per one-fourth pound serving of fresh vegetables.

When barbecue sounds appetizing, let the microwave cook the meat or vegetables while the grill heats up, then quickly add the final flavoring outdoors.

"Barbecue sauce only penetrates a fraction of an inch into the food," she says. "It also has a tendency to burn. So just paint it on the food the last minute to give it the barbecue flavor without charring."

For a quick treat, she suggests putting almost anything on a flour tortilla. She uses salami or pepperoni with spaghetti or pizza sauce, bell pepper slices with Monterey Jack cheese, or shrimp with oriental vegetables and tofu.

The first step is to cook a tortilla on a dry towel. Start at 1 minute on high, adding time as



CORN ON THE COB, grilled lamb and baked apples add up to a quick and easy meal for the person who likes the easiest way to cook.

needed. Pricking the tortilla and putting it between two towels will give it a drier and flatter appearance. Then add other ingredients and cook until barely done.

For more ideas, send for a free leaflet, "Quick Cuisine," by sending name and address to Bounty Microwave Recipes, P.O. Box 8841, Maple Plain, Minn. 55363.

For a barbecue feast, try Barbecued Lamb Shanks, Corn on the Cob and Baked Apples.

Barbecued lamb shanks

12 thin lemon slices
4 lamb shanks (about 3 1/2 lb.)
Barbecue sauce
8 microwave paper towels

For each lamb shank, place 2 layered microwave paper towels on counter. Place three lemon slices diagonally across center of paper towels. Place lamb on edge of lemons. Fold three corners toward center, covering lamb like an envelope. Roll up over remaining corner.

Hold under running water until soaked but not dripping. Place on microwave-safe plate, loose-corner down.

Microwave on high 5 minutes. Rotate plate half-turn. Microwave on medium (50 percent power) 5 minutes per pound, rotating plate once.

Remove paper towel sheets. Brush lamb shanks with barbecue sauce. Place lamb on hot grill. Grill to desired doneness, 20 to 30 minutes, turning and brushing occasionally with barbecue sauce.

Makes 4 servings, 85 mg. cholesterol each.

Corn on the cob

4 medium ears corn in husk
4 microwave paper towels

For each ear, hold 2 connected paper towels under running water until soaked but not dripping. Squeeze gently to remove excess water.

Place corn in husk lengthwise in center of 2 connected paper towels. Fold one long side over corn. Fold both ends toward center. Roll up over corn.

Place loose edge of packet down on microwave-safe platter. Microwave on high 9 to 15 minutes, or until tender, rearranging ears once. Let stand two minutes. Remove paper towels.

If desired, place corn in husks on edge of grill to keep warm, turning ears once or twice. Makes 4 servings.

Baked apples with marshmallows and cinnamon

4 medium cooking apples (8 to 10 oz. each), cored
Ground cinnamon
4 large marshmallows
2 tbsp. finely chopped nuts
1 tsp. cinnamon
4 microwave paper towels

Cut saw-toothed design around top of apples, if desired. Place each apple in 10- to 12-ounce glass custard cup or small microwave-safe bowl. Sprinkle cinnamon in center of apples.

Hold each paper towel under running water until soaked but not dripping.

Place 1 wet paper towel sheet over each apple, tucking edges into custard cup. Microwave on high 8 to 11 minutes, or until apples are tender, rotating cups once or twice. Remove paper towels.

Press one marshmallow in center of each apple. Microwave on high 1 to 2 minutes, or until marshmallows puff and melt, rotating cups once. Sprinkle combined nuts and 1/4 teaspoon cinnamon on apples.

Serve immediately. Makes 4 servings.

Recipes

Ice cream sandwiches

Peanut Butter Cookies.
About 1 pt. ice cream (any flavor), softened
1 pkg. (6 oz.) semisweet chocolate chips
2 tbsp. shortening

Bake Peanut Butter Cookies.
Let cool completely. Line 15-by-10 inch jellyroll pan with waxed paper. Place pan in freezer.

For each ice cream sandwich, spread 1 slightly rounded tablespoon ice cream on plain side of 1 cookie. Top with another cookie, plain-side down. Press together slightly. Immediately place in pan in freezer. Freeze until firm, 2 to 3 hours.



Heat chocolate chips and shortening, stirring occasionally, until melted. Let cool 2 minutes. Dip half of each ice cream sandwich into chocolate mixture to coat. Immediately place sandwiches in pan in freezer. Freeze until chocolate is firm. Wrap sandwiches in plastic wrap. Store in freezer. Makes about 15 sandwiches.

Microwave enchiladas muy buenas

4 pkg. (5 oz. each) frozen sliced turkey in a bag, thawed
1 cup mild or medium sauce
1 green onion, sliced (about 1/4 cup)
1 1/2 tsp. cayenne pepper
4 (6 inch) corn tortillas
1/2 cup (2 oz.) shredded cheddar

cheese
Dairy sour cream, if desired
Separate turkey slices from gravy. In large bowl, combine gravy, salsa, onion and pepper. Wrap tortillas in paper towel and heat on high 30 to 40 seconds or until soft.

In center of each tortilla, place three turkey slices and two tablespoons gravy mixture. Roll up tortillas and place, seam-side down, in microwave-safe 10-by-6 inch baking dish. Pour remaining gravy mixture on top. Heat, covered, on high 6 to 8 minutes or until hot, rotating dish once. Sprinkle cheese on top. Cover. Let stand two minutes. Top with sour cream, if desired. Makes 4 servings.

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Women suffer heart attacks at later age than men

By Jacqueline Lankfer
Registered dietitian
American Heart Association

Annually, about 250,000 women die as a result of a blockage or narrowing of the arteries in the heart. The figure is seven times higher than the number of deaths from breast cancer.

Despite this data, the majority of scientific research about coronary artery disease centers around studies of men. The findings of the all-male studies may or may not apply to women because differences in hormonal and physical makeup exist.

One glaring difference can be seen when age is examined as a factor. Women typically get heart disease later in life than men. Simply put, heart disease is the number-one killer of men over 39 and women over 65.

This "later-in-life" occurrence is traditionally attributed to protection being provided by female hormones until menopause. Studies involving estrogen taken by postmenopausal women have revealed conflicting results. One recent study suggested that estrogen reduced the death rate from heart attacks. Other studies failed to confirm these findings.

Another difference between men and women in the development of coronary artery disease is the influence of blood triglycerides. Triglycerides are fats, whereas cholesterol is fat-like substances.

Both circulate throughout the blood system but have different functions. Levels of triglycerides seem to fluctuate more than levels of cholesterol. The fluctuation is a result of calorie intake, particularly from dietary fats, and calorie output—better called exercise.

Research indicates that high blood triglycerides in women are more directly related to heart disease than in men. To be more specific, even with desirable blood cholesterol levels, women with high triglycerides are at increased risk of heart disease. On the other hand, men are considered at increased risk only if high triglyceride levels are present along with high blood cholesterol levels. The reason triglycerides affect females differently from males is unclear.

What can a woman do to avoid coronary artery disease? Regardless of gender, all persons should eat for heart health. The American Heart Association recommends a diet low in all fats, especially saturated fats.

To complete the picture, add an active lifestyle with a regular exercise program, maintain ideal body weight and regularly schedule medical checkups.

The following recipe for summer-favorite cucumbers is a low-fat, low-calorie twist to an old standby.

Cucumbers in mock sour cream

3 medium cucumbers, peeled, sliced
1 small onion, chopped fine
1 tsp. sugar
1 cup Mock Sour Cream
2 tbsp. chopped parsley
Freshly ground black pepper

Sprinkle cucumbers and onion with sugar. Mix well. Chill several hours. Drain off water that accumulates.

Mix in Mock Sour Cream, parsley and pepper. Correct sea-

sonings, if necessary. Chill until serving time.

Mock sour cream
2 tbsp. skim milk
1 tbsp. lemon juice
1 cup low-fat cottage cheese

Place milk, lemon juice and cottage cheese in blender. Mix on medium-low speed until smooth and creamy.

Use as substitute for sour cream.

This sauce may be added to hot dishes at the last moment, or served cold with the addition of flavoring or herbs, as a dressing for salad or a sauce for mousses.

Yields 6 servings. Each provides about 50 calories, 3 gm. fat, 154 mg. sodium and 2 mg. cholesterol.

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ITALIAN CHEESE CRUSTS can hold an entree, a snack or breakfast.

Italian flavors dust top of cheesy bread snacks

Crusty Italian Cheese Crusts can be used in a variety of ways.

Enjoy their savory flavor alone as a snack or with a meal. Or turn Italian Cheese Crusts into a main course by topping with sautéed vegetables and seafood. They are also delicious topped with sauce, cheese and the works to create a pizza.

Try making a tostada or open-faced sandwich with Italian Cheese Crusts. For brunch, try crusty cheese crusts topped with scrambled eggs or as a base for Eggs Benedict.

It takes little work to make these light and flavorful Italian Cheese Crusts using frozen bread dough. Each loaf makes 4 large crusts. Just add grated mozzarella and parmesan cheese and seasonings.

Italian cheese crusts

- 1 (1 lb.) loaf frozen white or honey wheat dough
- 2 tsp. oil
- 4 tsp. parmesan cheese
- 1/2 tsp. Italian seasoning
- 1/4 tsp. garlic powder
- 1 cup grated mozzarella cheese

Let frozen dough thaw until pliable. Cut loaf crosswise in 4 pieces.

Using a little flour on dough and board, roll each piece to 6-inch diameter circle. Spread dough circles with oil and sprinkle with seasonings. Top with mozzarella. Let rise until very light, 2 to 3 hours.

Bake at 375° for 12 to 15 minutes or until golden brown. Makes 4.

Brown rice peach crisp

- 1 1/2 cups cooked brown rice
- 1 1/2 cups fresh peach chunks (See Note)
- 1/2 cup firmly packed brown sugar
- 1/2 cup whole wheat or all purpose flour
- 1 tsp. cinnamon
- 3/4 tsp. butter or margarine
- 1/2 cup toasted slivered almonds, if desired

Combine rice, peach chunks and 1/4 cup sugar in buttered, shallow 1 1/2-quart baking dish. Combine flour, 1/4 cup sugar, cinnamon and nutmeg in small bowl. Cut in butter until mixture is crumbly. Sprinkle nuts on top. Bake at 350° for 15 to 20 minutes. Serve warm with whipped cream or ice cream, if desired. Makes 4 servings, 401 calories each.

Note: Frozen unsweetened peach slices or 1 can (16 ounces) sliced peaches in fruit juice, drained, may be substituted.

Microwave instructions: Prepare as directed using microwave-safe baking dish. Cook, uncovered, on high 4 to 5 minutes, rotating dish once during cooking time. Let stand 5 minutes.

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Plum-good pleasures become seasonal treats for breakfast

With summer comes the pleasure of eating breakfast outdoors on a sunny deck or patio. For special summer breakfasts or brunches, try two outstanding, quick-to-fix cakes featuring the seasonal fresh plum.

Shaker Plum Coffeecake is delicate, moist and tender, the combination of juicy plums and crunchy nut topping irresistible. Make it in minutes the morning of a brunch and serve warm in generous squares.

For fans of old-fashioned fruit upside-down cakes, serve **Upside-Down Plum Shortcake**. Simply line a pie pan with spiced wedges of fresh plums, cover with dough and bake. When done, invert and serve.

The good news for busy cooks is that both cake or dough portions of these recipes may be made a day in advance and refrigerated if desired.

Plan breakfast or brunch to be an informal gathering where people can come and go as they please. Consider putting out a coffee bar complete with bowls of chocolate cups and whipped cream, shakers of ground cinnamon, powdered chocolate or nutmeg, sticks of cinnamon, whole cardamom pods and orange zest and encourage guests to add what they like. If the humidity is high, set out ice, too.

If serving bacon for a crowd, place thick slices on a foil-lined baking sheet and bake at 350° about six minutes. Then turn and bake another two or three minutes. Don't forget to serve plenty of fresh summer fruit—nectarines, peaches, berries, pears and plums.

Fresh plums from California are in season through September with supplies peaking in mid-August. California grows more than 90 percent of the country's plums in 200 different varieties.

When shopping for fresh plums, look for well-colored plums, firm but with some softening at the tip. They will soften if left in a loosely closed paper bag at room temperature a day or two. Ripe fresh plums keep in the refrigerator three to five days.

Shaker plum coffee cake

- 1 cup granulated sugar
- 1/2 cup butter
- 3 eggs
- 1/2 cup milk
- 1 cup plus 3 tbsp. flour
- 2 tsp. baking powder
- 1 tsp. salt
- 1 fresh medium plum, pitted, sliced (2 1/2 cups)
- 1 cup packed brown sugar
- 1 tsp. cinnamon
- 1/2 tsp. butter, melted
- 1/2 cup chopped nuts

In mixing bowl, beat granulated sugar, 1/2 cup butter and eggs until fluffy. Stir in milk. Stir in 1 1/2 cups flour, baking powder and salt.

Spread dough in greased 9-inch square pan. Top with rows of plum slices.

Combine brown sugar, 3 tablespoons flour, cinnamon, butter and nuts with fingers until crumbly. Sprinkle crumbs over plums. Bake in 375° oven 35 minutes or until pick inserted in center comes out dry.

Cut in squares. Serve warm. Makes 9 servings; 256 calories, 6 gm. protein, 54 gm. carbohydrate, 14 gm. fat, 56 mg. cholesterol, 312 mg. sodium, 2 gm. fiber each.

Upside-down plum shortcake

- firm-ripe fresh plums, sliced in thick wedges (2 cups)
- 1 cup sugar
- 1/2 tsp. mace
- 1 cup sifted flour
- 1/2 tsp. baking powder



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- 1/2 tsp. salt
- 1/2 cup butter or margarine
- 1/2 cup milk

Combine plums with 6 tablespoons sugar and mace. Let stand 15 minutes while preparing dough.

Resift flour with remaining 2 tablespoons sugar, baking powder and salt. Cut in butter until particles are pea-size. Blend in milk to make soft dough. Roll out to 8-inch circle on floured board.

Drain plums, saving syrup. Arrange plums in 7-inch pie pan.

Top with dough, tucking edges inside pan. Gently press top of dough level to edge of pan.

Bake in center of 350° oven 30 minutes or until lightly browned. Remove from oven. Cool on wire rack 10 minutes. Loosen edges. Invert on serving plate.

Heat reserved syrup to dissolve sugar and serve with shortcake. Makes 9 servings; 240 calories, 4 gm. protein, 28 gm. carbohydrate, 13 gm. fat, 25 mg. cholesterol, 217 mg. sodium, 2 gm. fiber each.

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Four-vegetable risotto

- 1 can (14 1/2 oz.) beef broth
- 3 tbsp. butter or margarine
- 1 cup uncooked rice
- 1 cup coarsely chopped onion
- 2 garlic cloves, crushed
- 1/2 tsp. red pepper flakes
- 1 1/2 cups coarsely shredded spinach
- 1/2 cup thinly sliced celery
- 1/2 cup thinly sliced carrots
- 1/2 tsp. oregano
- Freshly grated parmesan cheese

Add water to broth to make 2 1/2 cups liquid.

Melt butter in large saucepan. Add rice, onion and garlic. Cook over medium-high heat, stirring frequently, 3 to 4 minutes.

Add liquid and red pepper flakes. Bring to boil. Reduce heat. Cover tightly. Simmer 20 minutes. Stir in spinach, celery, carrots and oregano. Remove from heat. Let stand, covered, until all liquid is absorbed, about 5 minutes. Sprinkle with cheese. Makes 6 servings.

Sausage and vegetable soup

- 1 tbsp. oil
- 3 medium apples, peeled, chopped
- 1/2 cup chopped onion
- 3/4 cups beef broth or bouillon
- 1 lb. Polish sausage, cut in half lengthwise, then cut in 1/2 inch slices
- 1 1/2 cups sliced carrots
- 1/2 tsp. salt

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tip, pepper
3 cups shredded cabbage
2 tbsp. cornstarch

In 4-quart saucepan, heat oil over medium heat. Add apples and onions. Stirring frequently, cook 5 minutes or until very tender.

Stir in 3 cups broth, sausage, carrots, salt and pepper. Bring to

boil. Reduce heat. Cover and simmer 30 minutes.

Stir in cabbage. Simmer 10 minutes longer.

In small bowl, mix cornstarch and remaining 1/2 cup broth until smooth. Stir into soup. Stirring constantly, bring to boil over medium heat and boil 1 minute. Makes 5 (1-cup) servings.

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Snack food industry smiling on America's 'funny' people

By Lucyann Boston
Staff affiliate

"People are funny; that's what it really boils down to," said Bill Culbert, president of St. Louis-based So Good Potato Chip Co.

All those funny people are making Culbert and others involved in the snack-food industry smile.

In an era when more and more adults are exercising, counting their calories and comparing their cholesterol, they also are craving, crunching and chomping more potato chips, popcorn, corn chips, taco chips and pretzels than ever before.

Sales of snack foods represent about 1.4 percent of the volume of supermarket sales, according to Bill Thompson, division sales manager of Frito-Lay Inc.

"But they may represent up to 15 percent of a store's profit," Thompson said. "Snack foods don't require the refrigeration and care that have to be devoted to produce, meat and dairy products and we provide direct store delivery so there are no warehousing costs."

Why are Americans buying more snack foods?

"We are a fast-food nation," said Harvey Dougherty, vice president of sales and marketing for Old Vienna Snacks, which produces a number of its snack-food products in the area. "It trickles right down to the way people are eating and feeding their families. At one time (in the 1960s and 1970s) gloom was cast over the entire snack-food industry. People perceived snacks as not healthy. But that's not necessarily true. Corn chips, for instance, have good food value."

"Another fast-growing category is popcorn. Sales are up 25 percent over last year. It's great for roughage. Most of our snacks have no preservative and no cholesterol. I'd rather have kids eating this than sugared cereals."

"If you look at all the new items in grocery stores, the trend is almost exclusively toward portable food," said Joe Ketchum, sales account manager for Frito-Lay. "People are grazing. They're not eating three meals a day; they're eating up to eight mini-meals and looking for portable foods."

Representatives from St. Louis area supermarkets agree with the conclusions of the snack-food manufacturers.

"The growth of snack foods has to do with the whole convenience boom, microwaves, two-income families," said Cindy Parentin, category manager of snack foods for Schnuck Markets Inc. "They don't have the negative connotation of being loaded with sugar or candy."

Al Cross, vice president of National Food Corp. and St. Louis division manager of National Super Markets, said the snack-food explosion is "a lifestyle thing."

"People eat when they're ready to eat rather than at structured meal times," Cross said. "Nearly 70 percent of the women today work either full or part time. There's not time to fix a prepared meal all the time."

One of the growing trends in

the snack-food industry is toward gourmet treats, such as kettle-cooked (hard-bite) chips.

In 1985, for instance, Anheuser-Busch Eagle Snacks division acquired the Cape Cod Potato Chip Co., which began in 1980 as a store-front operation, and quickly expanded throughout the New England market without any advertising.

This summer the brand was introduced into the St. Louis area and business has been brisk.

"The Cape Cod no-salt chip in particular has been selling extremely well," Parentin said. "Customers seem to be looking for an item not loaded with salt."

Parentin said the reception Cape Cod's white cheddar-cheese popcorn has received is "unbelievable."

"Not only is it good, it's the convenience of having it already popped," she said.

At least two companies in St. Louis also produce kettle-cooked chips.

The Potato Chip Factory, 3294 Gravois, St. Louis, on the South Side, has been in business for 50 years. The company wholesales its chips to area supermarkets and delis, and retails them at Union Station. In addition, they do what manager Larry McManis calls a "tremendous" mail-order business.

Katie's Fresh Cut Potato Chips are made at 8187 Big Bend Blvd., in Webster Groves, Mo. The company was founded in 1984 by Dewey Carlstrom, who said "I could never find a chip I liked."

The secret to producing a top-quality chip, Carlstrom said, is doing everything by hand, from

the selection of the raw potatoes, which gourmet chip manufacturers regard as all important, to cooking the chips in individual batches.

"All our chips are cooked in 100 percent soybean oil. It's the purest of all oils," said Carlstrom, who distributes Katie's Fresh Cut Chips to the Adam's Mark Hotel, a number of restaurants, area delis and supermarkets, and also has a strong mail-order business, especially during the holidays.

In addition to kettle-cooked chips, the other hot trend in the snack-food industry is flavors.

"They are the fastest-growing segment of the snack-food industry today," said Frito-Lay's Ketchum, whose company has just introduced Italian cheese-flavored potato chips and Cheetos popcorn, and in the fall will bring out Salsa Rio Doritos. "Today they account for about 30 percent of the snack-food business."

Serve tea with mint

Put 3 cups fresh water in non-aluminum saucepan. Bring to rapid boil. Reduce heat to low. Add 3 heaping teaspoons fresh orange pekoe bulk tea to water. Cover. Let tea steep and simmer 5 to 10 minutes.

Strain into large pitcher. Add 4 cups cold water.

The yield is a cup less than a half-gallon. Serve in ice-filled glasses with sugar, lemon or lime, and mint sprigs.

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Recipe

Oriental chicken dumpling soup

- 1 egg white
- 1 lb. chicken, finely chopped
- 1 cup finely chopped water chestnuts
- 1 tsp. cornstarch
- 1 tsp. soy sauce
- 1/2 tsp. minced fresh ginger
- 1 cup carrots, cut in matchstick-thin strips
- 2 cans (10 1/2 oz.) chicken broth
- 1 soup can water
- 1 soup can peas
- Sliced radishes for garnish

In small bowl, beat egg white with fork until foamy. Add chicken, water chestnuts, cornstarch, soy sauce and ginger. Mix well.

In 4-quart saucepan over high

heat, heat 2 quarts water to boiling. Drop chicken mixture by teaspoons into water. Reduce heat to low. Simmer 2 to 5 minutes until meat is done and balls rise to surface. With slotted spoon remove balls. Set aside. Discard water.

In same saucepan over high heat, heat chicken broth and can of water to boiling. Add carrots. Reduce heat to low. Simmer 5 minutes. Add snow peas. Simmer 2 minutes more.

Add balls to broth. Heat through. Ladle into bowls. Top with sliced radishes.

Makes 6 cups or 6 servings; 105 calories and 891 mg. sodium each.

Microwave directions: In small bowl, beat egg white with fork until foamy. Add chicken, water chestnuts, cornstarch, soy sauce and ginger. Mix well.

In 3-quart microwave-safe casserole, place 2 tablespoons water. Drop half the chicken mixture by teaspoons into water. Cover. Microwave on high 1 1/2 minutes or until chicken turns white. With slotted spoon, remove balls. Set aside. Repeat with remaining chicken mixture.

In same casserole, combine broth, can of water, carrots, snow peas and balls. Cover. Microwave on high 7 minutes, stirring twice during cooking.



MODEL CLOSE-OUT SALE

Lawn Boy Model 4600
\$449.00 Retail Price
\$295.00 Sale Price

We Service All Makes & Models

HOLIDAY MARINE SALES

Rt. 111 at 140
Bethalto, IL • 259-8958

ARE YOU GETTING ALL THE NEWS?

On Sunday and Wednesday you receive our "FREE" Journal newspaper which carry local news and advertising. But for the week's total news you need to complete this news package with the Thursday Press-Record.

FOR PENNIES A WEEK YOU WILL RECEIVE 86 YEARS OF TRADITION AND THESE EXCLUSIVES:

- TV LISTINGS
- WEDDINGS, ENGAGEMENTS and ANNIVERSARIES
- POLICE AND COURT NEWS
- AWARD WINNING EDITORIALS
- LOCAL COLUMNISTS
- ELECTION RESULTS

Don't be just two-thirds informed. Get the whole news picture by subscribing to the Press-Record and get...

ALL THE NEWS

BUY 5 MONTHS, GET THE 6TH MONTH FREE!

You can now have the Granite City Press-Record delivered by Motor Carrier FOR A SPECIAL PRICE OF

\$6.60 FOR SIX MONTHS

NORMALLY \$7.80
YOU SAVE \$1.20

For a subscription to the Thursday Press-Record, return this coupon with check or money order to Granite City Press-Record, 1815 Delmar, Granite City, IL 62040. For local delivery only. This offer good for residents in neighborhoods where we do not have your carrier.

THIS OFFER FOR NON-SUBSCRIBERS ONLY. WHO HAVE NOT HAD THE PRESS-RECORD DELIVERED TO THEIR HOME FOR THE PAST 30 DAYS.

NAME:

ADDRESS:

CITY:

PHONE:

WE ACCEPT FOOD STAMPS

ADDITIONAL STAMPS INSIDE MAIL FOR YOUR SHOPPING PLEASURE

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. PRICES GOOD THRU TUES. 8/16/88

UNICARD CASHIER

DYNAMITE FOODS

THE DOLLAR STRETCHER STORE

ARE YOU FED UP WITH HIGH FOOD PRICES?

FEED UP!

BUY FANCY QUALITY FOODS IN SLIGHTLY IMPERFECT CANS AND BE SHOCKED AT THE LOW PRICES

S-T-R-E-T-C-H YOUR DOLLARS

SHOP DYNAMITE FOODS 8350 NO. BROADWAY ST. LOUIS, MO

COUPON
IBP CHITTERLINGS
\$2.99
10 LB. PAIL
PRICE GOOD W/COUPON ONLY. NO LIMIT. NO PURCHASE REQUIRED.

COUPON
U.S. GRADE A MEDIUM EGGS
39¢
DOZ. LIMIT 2 PLEASE.
PRICE GOOD W/COUPON ONLY.

COUPON
OPEN PIT BAR-B-QUE SAUCE
\$1.69
42 OZ.
PRICE GOOD W/COUPON ONLY. NO LIMIT. NO PURCHASE REQUIRED.

COUPON
MARTHA WHITE CORN MEAL MIX
89¢
5 LB. BAG
PRICE GOOD W/COUPON ONLY. NO LIMIT. NO PURCHASE REQUIRED.

5 LB. SPECIALS
SEITZ COTTO SALAMI \$6.98
SEITZ SLICED BOLOGNA \$4.98
LARGE FROZEN CHICKEN WINGS \$2.69
SKINNED WHITING \$4.99

30 LB. SPECIALS
MEDIUM BBQ RIBS \$33.99
WHOLE SNOOTS \$12.99
FRESH NECKBONES \$6.99
LG. FROZEN CHICKEN WINGS \$14.69

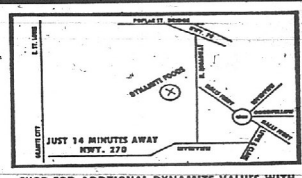
WE HAVE 10,000 OTHER LOW PRICED ITEMS TO CHOOSE FROM—ALL AT LOW PRICES

TELEPHONE 383-4635

8350 NORTH BROADWAY IN BADEN ST. LOUIS, MO OPEN DAILY

MONDAY THRU FRIDAY 9 AM-5 PM
SATURDAY 8 AM-5 PM
SUNDAY 9 AM-5 PM

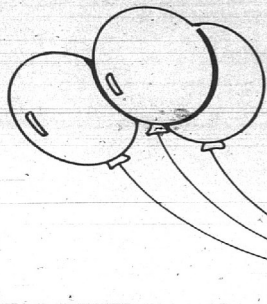
ALL 5, 10, 30 LB. BOX ITEMS ARE SOLD NET WEIGHT.



SHOP FOR ADDITIONAL DYNAMITE VALUES WITH COPY OF FULL PAGE AD AVAILABLE IN STORE.

SHOP OUR FRESH PRODUCE FOR EXTRA VALUES

SHOP OUR DOLLAR STRETCHER AISLE



ALDI

Thursday, August 11

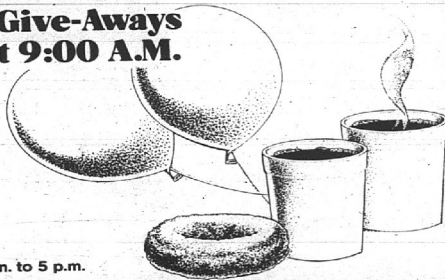
**3 Days of Excitement and Give-Aways
Starts Thursday, Aug. 11, at 9:00 A.M.**

**FREE Donuts &
Hot Coffee!**

FREE Soda Pop!

FREE Balloons!

Available Thursday through Saturday, August 11-13, 9 a.m. to 5 p.m.



**2 Liter
Soda Pop**
cola, root beer,
lemon-lime,
orange,
strawberry,
cherry cola



ALDI Low price 49¢



Look for this symbol on all "Grade A Fancy" products at ALDI.

**Why "Grade A Fancy"
at ALDI is the best
you can buy
anywhere.**

"Grade A Fancy" isn't just talk. It's a U.S. Government standard. And it means the best you can buy—in any store. Take canned corn. "Grade A Fancy" is the only kind we sell. So the kernels have to be young and perfectly cut—no bits of cob. The color has to be bright. And a grading expert must judge the flavor "very good" or better. At ALDI, we guarantee you'll like our products as much as any national brand. But if a can of our corn—or anything else—doesn't meet your standards, just bring it back. And we'll refund your money under our "Goodness Guarantee".

Whole Kernel Corn grade A fancy, 16.5 oz. **29¢**
Cream Style Corn grade A fancy, 16.5 oz. **29¢**
Butter Beans grade A fancy, 15 oz. **29¢**
French Green Beans grade A fancy, 15.5 oz. **29¢**
Cut Green Beans grade A fancy, 15.5 oz. **29¢**
Pork & Beans grade A fancy, 16 oz. **29¢**
Mixed Vegetables grade A fancy, 16 oz. **29¢**
Hamburger Dill Chips grade A fancy, 32 oz. **79¢**

Kidney Beans grade A fancy, 15 oz. **29¢**
Carrots sliced, grade A fancy, 16 oz. **29¢**
Beets sliced, grade A fancy, 16 oz. **29¢**
White Potatoes grade A fancy, 16 oz. **29¢**
Whole Tomatoes grade A fancy, 16 oz. **39¢**
Sauerkraut grade A fancy, 16 oz. **29¢**
Spinach grade A fancy, 15 oz. **39¢**
Sweet Relish grade A fancy, 16 oz. **79¢**

Tomato Paste grade A fancy, 8 oz. **29¢**
Tomato Sauce grade A fancy, 8 oz. **19¢**
Small Peas grade A fancy, 16 oz. **39¢**
Yams grade A fancy, 16 oz. **39¢**
Cut Asparagus grade A fancy, 14.5 oz. **79¢**
Applesauce grade A fancy, 25 oz. **49¢**
Big Tom Catsup grade A fancy, 32 oz. **69¢**
Grape Jelly grade A fancy, 32 oz. **79¢**

Prepared Foods

Instant Mashed Potatoes 13 oz. **59¢**
Pinto & Northern Dry Beans 16 oz. **39¢**
Elbow Macaroni or Spaghetti 32 oz. **79¢**
Macaroni & Cheese 7.25 oz. **23¢**
Egg Noodles 12 oz. **39¢**

Baking Supplies

Brownie Mix 16 oz. **79¢**
Walnut Pieces 6 oz. **\$1.19**
Seedless Raisins 15 oz. **99¢**
Pure Vegetable Oil 24 oz. **89¢**
Powdered or Brown Sugar 32 oz. **79¢**
Pre-Creamed Shortening 42 oz. **99¢**
Flour 5 lb. **59¢**

Fruits & Vegetables

Pineapple, crushed, chunk, sliced, juice pack, grade A fancy, 20 oz. **59¢**
Grapefruit Sections choice quality, light syrup, 16 oz. **69¢**
Mandarin Oranges 11 oz. **39¢**
Irregular Pears 29 oz. **69¢**
Apricot Halves 16 oz. **79¢**
Fruit Cocktail choice quality, heavy syrup, 16 oz. **49¢**

**20 pound
Charcoal
Briquets**



ALDI Low price \$1.99

Paper Plates

100 ct.
uncoated

79¢

Catsup
grade A fancy
32 oz.

69¢



Potato Chips
sour cream & onion
BBQ, ripple, regular
half-pound bag



ALDI Low price 49¢

**Hamburger &
Hot Dog Buns**
8 ct.



ALDI Low price 29¢

Grand Opening

August 11, 9AM

3375 Fehling Rd.
Granite City

Bread & Pastry

Premium White Bread	25¢
20 oz. loaf	
Brown 'n Serve Rolls	49¢
12 pack	
English Muffins	29¢
6 pack	
Sweet Rolls	79¢
8 pack	
Donuts	79¢
powdered sugar or plain, 12 pk.	

Iceberg
Lettuce
large head



ALDI Low price 25¢

Snacks & Cookies

Animal Crackers	99¢
13 oz.	
Milko Grahams	99¢
16 oz.	
Fig Bars	99¢
16 oz.	
Cheese Tortilla Chips	49¢
4.5 oz.	
Corn Chips	49¢
8 oz.	
Saltines	39¢
16 oz.	
All Purpose Crackers	99¢
16 oz.	
Graham Crackers	79¢
16 oz.	
Pretzel Twists	49¢
9 oz.	

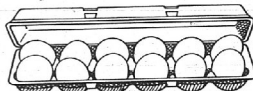
Special Purchase

Dove Dish
Detergent 49¢
22 oz.

Paper & Household Items

Toilet Tissue	59¢
1-ply, 4 roll pkg.	
Facial Tissues	49¢
175 ct.	
Trash Bags	99¢
30 gal., 20 ct.	
Tall Kitchen Bags	\$1.49
30 ct.	
Foam Plates	99¢
50 ct.	
Family Napkins	59¢
140 ct.	
Paper Towels	49¢
jumbo roll	
Aluminum Foil	59¢
25 ft.	
Liquid Dish Detergent	49¢
32 oz.	
Laundry Detergent	99¢
non-phosphate, 42 oz.	
Laundry Detergent	\$2.99
non-phosphate, 147 oz.	
Laundry Detergent	\$1.99
liquid, 64 oz.	
Liquid Bleach	59¢
128 oz.	
Spray Starch	89¢
22 oz.	
Fabric Softener	99¢
liquid, 64 oz.	
Shield Bar Soap	49¢
5 oz.	

Grade A
Large Eggs
dozen



ALDI Low price 39¢

Frozen Foods

Ice Cream	\$1.19
neapolitan or vanilla, 1/2 gal.	
Orange Juice	89¢
frozen concentrate, 12 oz.	
Apple Juice	69¢
frozen concentrate, 12 oz.	
Beef Patties	\$2.99
soy added, 3 lb.	
Ground Beef Burgers	\$3.99
3 lb.	
100% Pure Ground Beef	\$3.99
3 lb. chub	
Jeno's Pizza	79¢
sausage or combination, 10.8 oz.	
Totino's Pan Pizza	\$3.69
sausage, 28.1 oz.	
On-Cor Salisbury Steak	\$1.69
2 lb.	
Turkey Roast	\$2.49
2 lb.	
Banquet Fried Chicken	\$2.69
2 lb.	
Banquet TV Dinners	99¢
salisbury steak, chicken, turkey, 10 oz.	
Banquet Chicken or Beef	29¢
Pot Pies, 7 oz.	
Fish Sticks	\$2.49
32 oz.	
French Fries	99¢
32 oz.	

Tyson
Chicken
Breast Patties
fresh frozen
12 oz.



ALDI Low price \$2.49

Produce

Red Potatoes	\$1.49
U.S. #1 grade, 10 lb. bag	
Carrots	59¢
2 lb. bag	
Onions	79¢
3 lb. bag	

Dairy & Lunchmeat

Margarine	33¢
1 lb., quarters	
Vegetable Oil Soft Spread	\$1.19
3 lb.	
Cottage Cheese	99¢
24 oz., grade A	

All Meat
Hot Dogs
12 oz.



ALDI Low price 69¢

Cream Cheese	69¢
8 oz.	
Colby or Sharp Cheddar	\$1.29
Cheese, 10 oz.	
Cheese Slices, imitation,	69¢
12 oz.	
Jumbo Hot Dogs	99¢
16 oz.	
Swift's Brown & Serve	89¢
Sausage, 8 oz.	
Pork Sausage	79¢
16 oz.	
Premium Bacon	\$1.19
#1 grade, 16 oz.	
Sliced Bologna	99¢
12 oz.	
Thin Sliced Beef, Ham	29¢
& Turkey, 2.5 oz.	
Canned Ham	\$8.99
5 lb.	
100% Pure Orange Juice	\$1.29
64 oz.	

Tyson Chicken
Chunks
fresh frozen
12 oz.



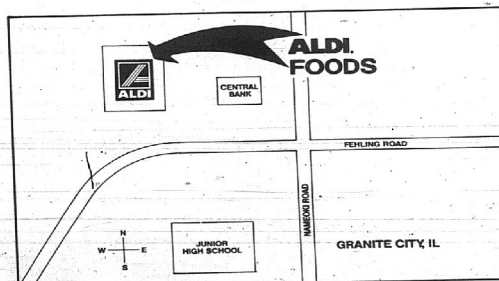
ALDI Low price \$2.49

Join us at ALDI. The Stock-up Store

3375 Fehling Rd.
Granite City, IL

Store Hours
Mon.-Weds.: 9AM-7PM
Thurs.-Friday: 9AM-8PM
Saturday: 9AM-6PM
Closed Sunday

CASH AND FOOD STAMPS ONLY.
NO CHECKS PLEASE.



Health care

Illinoisans, face facts about smoking

By Harry A. Springer
M.D., president,
Illinois Medical Society

Isn't it time we face the facts about smoking?

For more than 20 years now, the American public has ignored warnings about the dangers of cigarette smoking. The warning labels on cigarette packages and advertisements are so familiar that we just gloss over them.

Despite the dangerous and unsanitary effects of smoking, it is still depicted in popular films and advertisements as a glamorous aspect of a full and fun life.

Rose Cipollone bought that image when she was 16 years old, but she would tell another story today — if she could. Rose Cipollone is the New Jersey wife and mother who smoked countless packs of cigarettes between 1942 and her death from lung cancer in 1984.

Rose's family sued the tobacco companies that produced her brands of choice, charging that the cigarette manufacturers were responsible for her cancer and death.

The jury, in a landmark verdict, said the company that sold Rose cigarettes before 1965 was partially liable, because its advertisements claimed the cigarettes were safe, even medically advised. But, the jury essentially said, Rose should have known better after 1965, when the surgeon general's warning began to appear on all cigarette packages.

What does that say about smokers in 1988? Shouldn't we know even better now? Our knowledge about smoking has increased greatly since 1965.

We now know that smoking causes cancers, respiratory diseases and lung diseases. We know that about 1,000 people die

from these ailments each and every day of the year.

We know that pregnant women who smoke have a higher rate of miscarriages, premature births and low birthweight babies. We know that children raised in homes with smokers have higher incidence of respiratory problems.

And, thanks to the surgeon general's latest report, based on the research of 50 scientists, we now know that smoking is highly addictive, no different than our most infamous illicit drugs.

As a physician, I am sadly aware of these facts. I also am aware of the less obvious ways smoking erodes a person's quality of life, such as chronic coughs or hoarseness, yellow teeth, bad breath, frequent colds, poor circulation.

As a plastic surgeon, I have had to turn away some smokers seeking face lifts, liposuction and some other procedures because their smoking habit inhibits the proper healing. Skin flaps are much more likely to slough for a smoker than a nonsmoker.

We know so much more than Rose Cipollone knew back in 1942. Yet, about 54 million Americans still smoke. Not surprisingly, most of them say they want to quit.

About 40 million people have quit (proof that it is an addiction that can be beat). And more will quit.

Recently, newspapers and television have revealed evidence of mounting public sentiment against cigarette smoke (particularly someone else's). Airlines have banned smoking on most flights; the surgeon general has expounded on the dangers of passive smoking as well as the addictive nature of tobacco; and many Illinois municipalities,

including the City of Chicago, have restricted smoking in public places. The masses didn't revolt in the face of these developments; they cheered.

The American people — Illinoisans included — are becoming more militant in defending their right to breathe clean, smoke-free air.

They are speaking up more often and refusing to let someone else's addiction pollute their lungs, ruin their meal or dirty their office. They know that 500 to 5,000 people die each year from lung cancer caused by breathing someone else's smoke, and they do not want to join those ranks.

Our federal lawmakers should respond to this public sentiment by ending government subsidies for tobacco farmers.

Instead, we should invest in a healthier America by using the subsidy funds to help those farmers convert their fields to other crops.

Important changes should be made on the state level, also. But Illinois legislators have been slow to face up to the facts about smoking.

This spring, our lawmakers again refused to place statewide restrictions on smoking in public places.

The Illinois Clean Indoor Air Act, which was supported by the Illinois State Medical Society, would have required most public places and restaurants to establish no-smoking areas. The Act was defeated in committee by one vote, and Illinois remains one of only eight states that does not restrict smoking in public places.

It is time Illinois faced the facts about smoking. Our state should join the majority of the states and create a healthier environment for nonsmokers.

Give Someone
the Home Advantage.

Foster Care
1-800-624-KIDS



FREE
GARAGE SALE KITS

When you place a **BOLD STYLE AD** in our paper for your Garage Sale you will **RECEIVE A KIT** which includes: Two 22x17 1/2-Inch Yard Sale Signs, an Inventory Sheet, a Tip Sheet and Two Arrows.

THE PRICE OF THIS STYLE AD IS ... \$11.05

FOR ADS UNDER \$11.05 A FREE 10 1/2 x 14-INCH YARD SALE SIGN IS AVAILABLE.

Granite City Press-Record/Journal
1815 Delmar Ave., Granite City, IL 62040



Congratulations

Y98 FM radio broadcasters Guy Phillips and Mike Wall congratulate Linda Slover (center), a registered nurse at St. Elizabeth Medical Center, during the 1988 Gold Medal Awards luncheon in St. Louis. Sponsored by the Hospital Association of Missouri, the Gold Medal Award recognizes hospital employees throughout the St. Louis/Metro East area "whose contributions to the health of their community go beyond helping provide medical care," said Ted Eitman, SEMC president and a member of the HAMS board of directors. Slover was nominated for her quick thinking, which was credited with saving the life of a patient's mother.

Why Bifocals?



We recommend Varilux eyeglass lenses for people who need to see from near to far without wearing bifocals.

Varilux has a sophisticated, patented design that allows focusing clearly at any distance. It does away with the "window" seen in bifocals and the awkward bifocal line. We have the experience and equipment to fit this advanced lens, and we invite you to come and see the difference.

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BETTER THAN BIFOCALS

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Granite City Opticians
812 NAMEOKI VILLAGE
Nameoki Village Shopping Center
GRANITE CITY, IL 62040
618-452-5154

SUPER-X
Back To School

VALUABLE COUPON

69¢ Scripto Pencils
Save 1.30
15-oz. Scripto mechanical pencils plus 15-oz. Scripto eraser. Reg. 1.99. Limit 2 packs per customer. Good at all Super-X stores. Thirty-day store thru Saturday, August 13, 1988.

2.99 Coke 12 Pack
15-oz. cans. Regular or Classic Coke, Diet Coke, Cherry Coke or Sprite.

3.39 Head & Shoulders
15-oz. shampoo, assorted formulas. Lilt Ladies Perm kit, 3.49. Lilt Perm, Perm kit, 3.99.

99¢ Charmin
1 roll of bathroom tissue or Posh Puffs
100 facial tissues in a floral box.

3 FOR 100¢ Cadbury's Thick Bars
2-oz. milk chocolate bars. Assorted flavors.

149 Pentech Markers
24 fine line or 22 erasable markers. Assorted colors. Reg. 1.89.

79¢ Pilot Razor
Polart Presto
Black, blue or red ink.

99¢ T-Flight 3 Subject Theme Book
108 pages, color rule or 120 page wide rule.

89¢ Crayola
24 fine line or 22 erasable markers. Assorted colors. Reg. 1.89.

149 Deluxe School Box
By Sterling. Assorted colors. Handy for carrying supplies. Reg. 2.29.

99¢ Combo Snacks
8-oz. bag, Cheddar, cheddar or pizza cheese flavored filling.

99¢ AIA
26-oz. laundry detergent or 22-oz. liquid detergent.

REBATE 44¢
349
Rayovac Smart Pack
8-pack, C or D or 8-pack, AA. Alkaline batteries.

REBATE 2/3
279
Philips Light Bulbs
2.4 watts, 40, 60, 75 or 100 watts. Longer life bulbs.

599 Casio Film
Calculator
For pocket or purse. MSRP \$1.00 or cutting brush, RUP-SJ-01.

359 Ultra Pro
Curling iron, MUP-1-C or curling brush, RUP-SJ-01.

249 Raid
Fogger
6-oz. spray. Tracks roaches and fleas and terminates them on contact.

269 Prill
15-oz. shampoo. Assorted formulas.

229 Secret
4-oz. antiperspirant spray, 2-oz. cream or wide solid, scented formula. 1.25 oz. roll-on, 1.69.

169 Baggie Candy
16-oz. Caramello or 12-oz. Dairy Milk.

79¢ Chef's Pickle Spices
Assorted sizes and seasonings.

REBATE 150¢
1099
Monoject Insulin Syringes
Box of 100 1/2 cc or 1/2 cc. Insulin syringes. Box 4-pack, 2.99. 100 releases available.

2nd Set of Prints Everyday!
Pay our regular low price for developing and printing your 35 mm film. Valid for all complete C41 process film, standard-size prints only. PLUS... Have your 35 mm film processed & get a... FREE SPORTS PIN
Collect at 6. See store for details. Offer good while supplies last. FREE \$50.00 Super-X photo/developing coupon book with purchase of any Kodak camera, multi-pack film or multi-pack video cassette.

359 Kodak Film
135 135 ASA 35 exposures or 66 135 400 ASA 24 exposures.

649 Kodak
K40 VR 35 Camera
Electronic flash, motorized viewfinder & remote. Reg. \$69.99.

799 Myodex
100 + 30 tablets. High potency vitamin supplement.

349 No Color Mascara
By Max Factor. Natural look, defines, curls, conditions, lengthens and defines eyelashes.

5.99 Jean Nate
After Bath Splash
100% more free, 32 fl. oz. at the 16 fl. oz. price. Suggested retail \$9.95.

Pharmacy
THE TECHNOLOGY OF CARING...
Our Patient Care System quickly provides our pharmacist with current information about your prescription history at that location, detects potentially dangerous drug interactions that they happen and suggests generic drug equivalents, when available.

Sweepstakes
ENTER TO WIN
An Apple IIc Computer
Enter to win at your local participating Super-X, Save-On or Thirty Day Stores between now and Sept. 1, 1988. See stores for rules and entry forms. No purchase necessary. Void where prohibited by law. Apple and the Apple logo are registered trademarks of Apple Computer, Inc.

WE CARRY A COMPLETE LINE OF
KODAK FILM, VIDEO CASSETTES, SLIDES, COUPONS AVAILABLE IN STORE, 10/11/12/13/14/15/16/17/18/19/20/21/22/23/24/25/26/27/28/29/30/31/32/33/34/35/36/37/38/39/40/41/42/43/44/45/46/47/48/49/50/51/52/53/54/55/56/57/58/59/60/61/62/63/64/65/66/67/68/69/70/71/72/73/74/75/76/77/78/79/80/81/82/83/84/85/86/87/88/89/90/91/92/93/94/95/96/97/98/99/00

WE RESERVE THE RIGHT TO
LIMIT QUANTITIES, REBATE COUPONS AVAILABLE IN STORE, 10/11/12/13/14/15/16/17/18/19/20/21/22/23/24/25/26/27/28/29/30/31/32/33/34/35/36/37/38/39/40/41/42/43/44/45/46/47/48/49/50/51/52/53/54/55/56/57/58/59/60/61/62/63/64/65/66/67/68/69/70/71/72/73/74/75/76/77/78/79/80/81/82/83/84/85/86/87/88/89/90/91/92/93/94/95/96/97/98/99/00

SUPER-X, 3401 NAMEOKI RD., GRANITE CITY
PH. 451-7970

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ADVERTISERS ARE REQUIRED to check the first insertion of ads for errors. East Side Publications will be responsible for only one incorrect insertion. Any error should be reported immediately. Please check your ad carefully upon its initial insertion and report any errors to this office at 877-7700.

LIABILITY of East Side Publications in the event of failure to publish an advertisement for any reason or in the event that errors occur in the publishing of an advertisement shall be limited to the space occupied by the items of advertisement.

CLAIMS CONCERNING OMISSIONS or incorrect insertions will not be considered unless made within 30 days of publication.

REAL ESTATE 2500-2545

[illegible][illegible]

to brake work.

**2635
AGE
\$625
\$5
ROADWAY
DOWN IN
ON CARLS AND
JAMES GLASS**

**ROBERTS FORD
CHRYSLER-PLYMOUTH
SALES**
2635
Home: 468-7733, Fax: 468-7734
468-7733

AMTEC INC.
GO FOR IT!!!
PLENTRY OF JOBS...GOOD MONEY...
We can get you there in only 8 WEEKS

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1979 TOYOTA PICKUP, long bed, no rust, air, excellent condition, \$1700 obo, 451-9056.

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heavy Trucks


●UAW Approved
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AMTEC
TRUCK DRIVER TRAINING

Granite City, IL
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Crystal City,
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50 **NOW IN STOCK!**



**11-Size
cups
10
cups
burbans
10
azars**

\$500
Cash Back
Up to
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Cash Back

Up to
\$750
Cash Back

stro Vans
Us Now & SAVE!

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FAMLIN** CHRYSLER

D RIVER Blanche Rv 113 PH. 255-4900

Schools/Colleges 220 Schools/Colleges

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Courses include:

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- Heating and Air-Conditioning
- Millwright
- Pipe Fitter
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- Tinsmith/Sheet Metal
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Industrial Training Center
1417 State Street
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DRIVER**
The Road
to Success
at St. G.C.
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1979 TOYOTA PICKUP, long
bed, no rust, in excellent
condition. \$1700. Box 451-
9056.

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SEGO LITE CHOCOLATE 10 oz.	.89	.99	.93	.99
FOLGERS INSTANT COFFEE 4 oz.	2.79	2.99	2.99	2.99
HEINZ CIDER VINEGAR quart	1.19	1.29	1.29	1.29
ITALIAN SALAD CRISPINS 2 1/2 oz.	1.09	1.19	1.19	1.19
BLUE LABEL KARO SYRUP 16 oz.	1.09	1.19	1.19	1.19
KELLOGGS POP TARTS 10.5 oz.	1.19	1.29	1.39	1.25
STOVE TOP CHICKEN STUFFING 6 oz.	.99	1.09	1.09	1.09
MAZOLA CORN OIL 32 oz.	2.19	2.39	2.39	2.45
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REFILL IVORY SOAP 18 oz.	1.69	1.79	1.79	1.79
LIQUID WOOLITE 16 oz.	2.09	2.29	2.29	2.29
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NORTHERN BATH TISSUE 6 roll	1.65	1.89	1.89	1.79
GERBER STRAINED MIXED VEGETABLES 14 1/2 oz.	.22	.24	.23	.23

These items were purchased on August 14, 1988 at National at 950 Loughborough at 9:30 a.m., at Schnucks at 5055 Arsenal at 9:10 a.m., and at Dierbergs in West Oak Square at 9:13 a.m. Due to time required for ad processing, chain store prices may vary from date items were purchased to date of ad publication. The above prices do not reflect manufacturer's deals.

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BONELESS PORK CHOPS lb.	3.39	3.79	3.89	3.89
FRESH WHOLE FRYERS lb.	.79	.89	.95	.99
FRESH JOHNSONVILLE BRATWURST lb.	2.29	2.69	2.99	2.99
FARMLAND SLICED BACON 1 lb. pkg.	1.79	2.39	2.39	2.39
R.B. RICE PORK SAUSAGE 1 lb. roll	1.99	2.39	2.39	2.39

DAIRY PRODUCTS	SHOP 'N SAVE	NATIONAL	SCHNUCKS	DIERBERGS
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KRAFT VELVEETA SLICES 16 oz.	2.56	2.79	2.79	2.69
PILLSBURY CINNAMON ROLLS 8 oz.	1.18	1.29	1.29	1.29
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PET RITZ BLACKBERRY COBBLER 26 oz.	2.15	2.59	2.59	2.59

FRESH PRODUCE	SHOP 'N SAVE	NATIONAL	SCHNUCKS	DIERBERGS
LARGE CELERY stalk	.78	.89	.99	.99
RED OR RUSSET POTATOES 5 lb. bag	1.78	1.99	1.99	1.99
RED OR GREEN LEAF LETTUCE lb.	.88	.99	.99	.99
GREEN CABBAGE lb.	.28	.34	.34	.33

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Sports

Paddlers win SWISA by 98

Five Paddlers capture high-point total

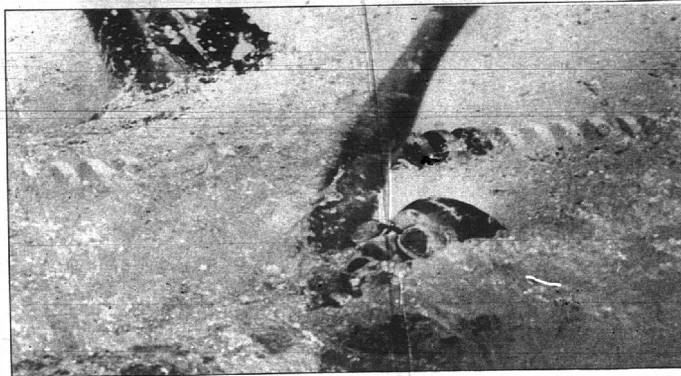
The Paddlers swimming team won the Southwestern Illinois Swimming Association Championships on Saturday in impressive fashion as they unofficially scored 529 points.

The championship was the eighth in nine years for Paddlers under coach Celeste Fernnek. They capture the meet at the Gaslight Bath & Tennis Club in Collinsville by 98 points. Paddlers' closest competitor was Gaslight and Mon-Clair took third.

The official results of meet will not be available until next week but five Paddlers dominated their divisions. Steve Geske, 9-10 year-old boys; Pat Curry, 11-12 boys; Melanie Embick, 9-10 girls; Larry Curry, 13-14 boy; and Jennifer Baker, 13-14 girl all won high-point awards for scoring the most individual points.

"We won all are duel meets this year but when you put all the best swimmers from each team together you don't know what's going to happen," Fernnek said.

"It turned out the way I thought it would except for in the duel meets we beat Gaslight by more than we beat Mon-Clair



BACKSTROKE: Zee Suhre of the Paddlers' swim team competes in the Backstroke event of the SWISA Conference swimming meet Saturday in Collinsville.

and Gaslight finished second."

Setting new records at the meet were Geske and Embick in the 100 Freestyle. Geske won the

100 Freestyle in a time of 1:04.9 to beat the old record while Embick covered the same distance in a time of 1:09.2.

The next meet will be an All

Star meet that will match SWISA's best swimmers against the Millstadt conference teams. Many Paddlers should make the squad.

(Staff photo by Pam Doepke)



TONNA DRUEHE swims a leg of the breaststroke event at the SWISA Conference swimming meet Saturday in Collinsville.

Cards aren't executing

Johnny Lewis might have the least-desirable job this summer in St. Louis.

Lewis is the Cardinals' hitting coach, a position that so far this season has not made him very popular.

The Cardinals have been ranked near the bottom of the league in virtually every offensive category all year, a fact Lewis has suffered with more than even the most ardent Cardinals fan.

"You go back home or to the hotel and try to analyze the situation," Lewis said. "You ask yourself if there is something that you're missing. I go over the 14 regular players and break it down into categories. You start eliminating things, it's not this and it's not that. The toughest part is that you can't find anything."

"We're not lacking anything. We're just not executing."

Lewis has gone over every possible theory for the Cardinals' lack of offense, just as he did when the same thing happened to the same players in 1986. As was the case then, he can't find any reasons for the team's slump.

"At times, this has been worse than '86," Lewis said. "Frustration sets in. We have runners on third with less than two outs and we don't get them in. We have the right people at the plate, guys who are supposed to drive in runs, and they don't do it."

The only reason Lewis has not lost his sanity is that the slump is affecting the same players who hit well in both 1985 and 1987, and he knows the team's approach to hitting has been exactly the same in both the good years and bad years.

"This is the same system we have had success with," Lewis said. "It's just not happening. The players are really trying. They are putting forth the effort. The players want to improve. They are here every day."

On Baseball

By Rob Rains



It's not a great thing for them to go up to the plate and not execute. There's a lot of pride involved in their performance."

Lewis admits he has had a lot of occasions to doubt himself. "Sometimes you sit back and wonder what the hell we're doing," he said. "Some days we go out and play and I don't think there's a club in the world that can beat us. And then there are other days when we can't beat anybody. And I don't know why that is."

The Chicago Cubs say the ticket demand for the first night game at Wrigley Field on Monday night was greater than it was for the 1984 playoffs. "Everybody I've ever met in my life wanted a ticket," said National League President Bart Giamatti.

Some people are lamenting the end of exclusive day baseball at Wrigley, but not Cubs general manager Jim Frey, who says tradition must end at some point.

"I think tradition is a notion for people who don't remember back far enough," Frey said. "If we went by tradition we'd still be playing without gloves. If you would have gone by tradition 40 years ago there wouldn't be any livy on those walls."

Cardinals reliever Todd Worrell lost five games in July, the most by any pitcher in the National League. Danny Cox was one of five pitchers with four losses in the month. Mike LaPa hit .148 (8-for-54) the lowest average of any regular play-

er in the league. The latest Rick Sutcliffe trade rumors have him going to the Yankees sometime before the end of the month. The Giants and Blue Jays are reportedly talking a deal involving Jim Clancy, Jesse Barfield and Candy Maldonado. The Phillies would like to trade Shane Rawley and Phil Bradley, with the Blue Jays reportedly interested in Rawley and the Tigers interested in Bradley.

This might be the first year Mike Schmidt does not lead the Philadelphia Phillies in home runs since 1978, when Greg Luzinski led the team. Entering the weekend, Schmidt had 10 and Chris James had 14. Jack McKeon will not have a dual manager/general manager role next year, with the San Diego Padres. McKeon will decide in September which job he wants, and he reportedly is leaning toward staying on as manager.

Giants president Al Rosen, talking about the security problems at Candlestick Park, and the limits the club can take to correct the situation. "This is still America. You can't go out there with riot guns and shoot people," Rosen said part of the problem is people are smuggling alcohol and drugs into the park taped under their armpits. The Phillies are having a hard time trading Rawley partly because he hasn't won since June 13, a span of 11 starts, in which the Phillies are 0-11. Since Aug. 31 of last year, Rawley is 5-18 with a 4.97 ERA. When Joe Morgan went from third-base coach to manager in Boston, he got a nice raise from \$45,000 a year to \$100,000.

Ex-Cardinal of the Week: Andy Van Slyke, Pittsburgh Pirates. Van Slyke was 12-for-26 (.461) in seven games with three homers, giving him 19 for the year, five RBIs, raising his total to 73, and three stolen bases, raising his total to 17.

R & M Tire takes second in state

R and M Tire women's slow pitch softball team took second in a Class B state tournament in Quincy that featured 40 teams. Its shortstop Kathy Carlton won the MVP award for the tourney. Carlton, Bonnie Geisen, Rita Wheeler and Peggy Gardner were named to the All-State team and pitcher Kim Boda was the team's leader.

R and M Tire's team is made up of players from Granite City and the Metro East and they play in a Thursday night softball league in Granite City.

Take precautions to avoid heat illnesses

By Bates Noble, M.D.

Dr. Noble is a specialist in sports medicine based in Barrington, Ill. He chairs the Illinois State Medical Society's Committee on Sports Medicine. Just as lawns and soybeans fade in the heat, so do people. This summer's drought has focused attention on the devastating impact of excessive heat and water shortage.

Yet, each year this same combination of factors can pose a deadly threat to young and otherwise healthy sports participants.

Countless thousands suffer the effects of heat illness, in one or more of its three progressive stages.

Being overcome by heat often afflicts "weekend" athletes who push their bodies to — and sometimes beyond — the limit of their conditioning and abilities. But even in seemingly well planned and controlled sports events, heat injuries can occur.

Victims can include young football players working out in heavy equipment and pads during August heat, wrestlers who are already weakened by starvation and dehydration techniques used to "make" weight, or joggers and road racers unaccustomed to running in heat and humidity. Any athlete returning to full activity in the hot sun after a bout with intestinal illness is also a likely candidate for heat problems.

In essence, anyone working out in a hot, humid environment is a potential target, since physical activity increases the body's core temperature.

The body has a natural internal thermostat which helps

properly conditioned individuals adapt to hot weather.

The body expels heat through four basic avenues: evaporation, conduction (such as applying ice, jumping into a cool swimming pool or lying/leaning against a cool object), respiration and convection (such as air currents or use of a fan or the wind).

Heat illness is the body's failure to rid itself of heat or humidity excesses. Any factors which compromise one or more of the body's four means of getting rid of heat increase susceptibility to heat illness. For instance, high humidity lessens the effectiveness of evaporation. Heavy clothing or padding on sports equipment hinders convection.

Bodies need water to maintain their internal thermostats. That means it's important for athletes to drink plenty of fluids before a sports event or practice, and renew their fluid stores often during the workout.

Coaches and adult supervisors must insist on water breaks. If an individual becomes thirsty, he or she is already dehydrated.

The best replacement fluid is provided by Mother Nature — cool water (40 degrees) frequently taken in small amounts (five ounces) is the most effective way to keep the body properly hydrated. If electrolyte drinks (such as Gatorade) are used, it is important to remember that their most important component is water.

Many authorities believe they should be diluted by half. Salt

(See HEAT, Page 30)

Madison fall sports start Aug. 15, physical examinations Aug. 16

Practices for Madison boys fall sports will begin Monday, Aug. 15 at 9 a.m. at the high school. All participants must have physicals and they will be given Tuesday, Aug. 17 at Madison High School at 3:30 p.m.

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now would be the best time to take in a day — or night game.

Wrigley is baseball heaven

By Scott Fitzgerald

Staff affiliate
Tired of watching Astroturf-
hop infield hits?
Had your fill of nosebleed
seating?

Want to see baseball played in a park where Elvis leaves the building more than once a week? There is an alternative in the City of Big Shoulders.

St. Louis baseball fans, spoiled with recent winning teams, have become accustomed to baseball at Busch Stadium, one of the

league's most attractive parks. Attractive it is. Intimate it is not. To baseball purists, the artificial atmosphere of the Red birds' home park is as appealing as a warm Bud Light.

But there is an historic site about six hours away where fans can watch America's favorite pastime in an environment where God meant it to be played.

Those who have not visited the "friendly confines" of the National League's most intimate park, Wrigley Field in Chicago, now have the perfect opportunity. With the Cardinals fighting the Phillies for last place, Red bird enthusiasts can head north without any misgivings. They may even get to see a few home runs once they arrive.

Wrigley's dimensions are by no means intimidating. The right-field fence is 355 feet from home plate; the left-field fence is 2 feet closer. The center-field fence (400 feet) and the power alleys (368) also are an easy target for most sluggers, especially when the wind starts whipping up off Lake Michigan.

From the dark green ivy that hugs the outfield brick wall to the faded, manual, inning-by-inning, out-of-town scoreboard, the park is filled with nostalgic reminders of days gone by. In the natural grass field and close-to-the-field seating have become

As author Bob Wood notes about Wrigley in his book "Dodger Dogs To Fenw: Franks: The Ultimate Guide To America's Top Baseball Parks," "Sunken all the way to field level, seats behind the dugout feel like they're in the middle of the infield. So close that you actually look up the crest of the pitcher's mound. I now know the horrors of staring out at a 6-foot-6-inch fireballer from another foot taller by the elevated amber."

And if Wrigley's matinee brand of ball isn't enough to draw, fans who make it to Windy City this season also will have several opportunities to in on a bit of nocturnal history. Lights have been installed in the once-sunlit stadium for the Cubs' first-ever night game Monday against the Phillies.

But tickets to Wrigley's first game with night lights are harder to get than a Miller Lite at Busch Stadium, and because the demand they were o-

"The response for that game was tremendous," said Fred Malone, director of ticket operations for the Cubs. "We had over 2 million phone calls."

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Those who have not visited the "friendly confines" of the National League's most intimate park, Wrigley Field in Chicago, now have the perfect opportunity. With the Cardinals fighting the Phillies for last place, Redbird enthusiasts can head north without any misgivings.

a matter of hours for 10,000 tick-

Malone said the second night game, set for the following evening against the New York Mets, also is a sellout. But tickets do remain for five additional night contests, including two games with the Houston Astros, Aug. 22 and 23; return matchups with the Phillies on Sept. 6 and the Mets on Sept. 7; and a Sept. 20 date with Montreal. The first five games start at 7:05 p.m., while the final two begin 30 minutes earlier.

Malone said tickets are going quickly. And unlike Cardinal contests, where bleachers tickets are not sold until game day, all tickets at Wrigley are available in advance.

"I sure would never come to this park without a ticket," Malone said. "It's a heck of a risk for someone coming a long distance."

Those without connections to get advance tickets may be forced to look for scalpers outside the stadium. Scalpers, of

course, are policed in Chicago, too, Malone said. (From personal experience, scalpers are not too difficult to find; but finding one will cost you.)

Ticket prices at Wrigley are as follows: field boxes, \$10.50; upper deck boxes and terrace boxes, \$9; terrace reserved, \$6; upper deck reserved, \$5; bleachers and standing room, \$4. For

For a night or day game, a contest at the pint-sized park — capacity is 39,012 — is worth the drive up I-55.

And for those Cardinal fans who cannot bear the thought of watching two out-of-town teams, the Cardinals will be in Chicago for two weekend series, Aug. 12-14 and Sept. 16-18.

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- 10'x72' Reinforced Concrete
- 10'x74' Reinforced Concrete
- 10'x76' Reinforced Concrete
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Sports shorts

Elks '76 team holding tryouts

The Elks 76 boys traveling soccer team will be holding tryouts in August for the fall season.

Coach Jim Gibson announced the tryout schedule for the soccer field at Wilson Park between Diamonds 7 and 8. Tryouts will be held Aug. 11 at 1 p.m., and Aug. 16 and Aug. 18 at 9 a.m.

All boys born in 1976 are invited to try out. The season starts Sept. 1. Each player will be given a set of guidelines stating what is expected of him and his parents if he should make the team.

The team plays outdoor league games from September through November as well as in local and out-of-town tournaments. The Elks play one or two indoor soccer sessions and have a spring season. They also play in

a few summer outdoor tournaments.

For more information, call Gibson at 452-0921.

Grid equipment pickup Aug. 11

Equipment pickup for Granite City High School football players will be Aug. 11 in the main gym. Juniors and seniors should pick up their equipment from 8

to 9 a.m. Freshmen and sophomores should pick up equipment from 9 to 11 a.m.

Head coach Ron Yates said there will be a meeting for all prospective football players, including incoming eighth graders, at 5 p.m. Aug. 14 in the annex gym. Parents are also invited to attend. Trainer Randy Biggerstaff will be on hand to answer questions about injuries.

The first day of practice for the high school teams is Aug. 15. The exact practice times will be

announced later. Practice for the eighth-grade teams will start on the first day of school.

Home plate taking entries for softball

Home Plate is now accepting teams for the 1988 fall softball leagues.

The entry fee will be \$230 for an eight-game schedule plus playoffs. For more information,

call Home Plate Bar & Grill or call 452-4943 and ask for Jerry.

Elks 73 team has tryouts Aug. 13

The Elks 73 girls soccer team is holding tryouts for the 1988-89 season on Aug. 13 from 10 a.m. to noon.

The tryouts will be held at the Grigsby Junior High School soccer field, according to coach Tom Rees. All girls born in 1973

or later are invited to try out. The team has several openings, including goalkeeper. The season starts Aug. 26. The team plays outdoor and indoor league games as well as local and some out-of-town tournaments. For more information, call Rees at 931-6665.

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Heat Surviving summer sports

(Continued from Page 10)

tablets should absolutely not be used because they rob fluids from blood and working muscles.

Heat illness syndrome builds gradually, so it is important for sports participants and coaches to recognize the signs of each of its three stages.

The initial stage, called "heat syncope," is heralded by a feeling of weakness, dizziness, light-headedness, headache, ringing in the ears and/or nausea.

In the next stage, heat exhaustion, the individual continues to sweat, and the skin becomes cool and clammy. A rapid heartbeat will be present, and the individual may faint.

The third stage, or heat stroke, occurs when the body's internal thermostat is bypassed in an attempt to conserve blood volume. An extremely elevated body temperature is characteristic of this stage, and the skin becomes dry, red and hot. Sweating ceases, convulsions often ensue and death can follow if this emergency condition is left untreated.

Call your doctor immediately or go to the nearest hospital emergency room. Anyone suffering from heat stroke must be immediately cooled down, and medical care obtained without delay.

Sunshine safety tips for summer sports:

1. Maintain body fluid levels by drinking cool water before and during workout sessions.

2. Don't meet the sun head on. Work out during the early morning or evening hours, when the temperature is relatively cooler.

3. Avoid using heavy, protective equipment, including helmets which interfere with convection and evaporation during especially hot weather.

4. Weigh yourself before and after practice sessions to assure you're not getting dehydrated. Athletes may lose several pounds in water weight during a workout session, and this must be restored by their next workout.

5. Try to reduce direct exposure to the sun during physical work. Wear a hat. Map running routes to travel shady courses.

6. Allow your body to adjust to a hot climate gradually. Athletes should become accustomed to the rigors of working out in heat and humidity before launching full-fledged, intense fall practice sessions. Heavy workouts in late August after a summer spent in air-conditioned homes or jobs will certainly predispose an athlete to difficulties.

Don't overextend yourself on especially hot days. Skipping or shortening a jogging session once in a while won't hurt your exercise regimen.

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Tips from the Pros

Fastball, slider

with Todd Worrell

This is a pitching lesson for Little Leaguers offered by Todd Worrell of the St. Louis Baseball Cardinals. Worrell discusses the fundamentals of throwing the fastball and slider.



I'm a power pitcher, and I have only one style of fastball — a four-seam fastball. When you turn the ball a certain way, you can see the four seams that make up the two horseshoes of a baseball. I go right across the top two seams and the other two seams are on the bottom. One seam is across my middle and index fingers. That's the seam I concentrate on pulling on to get the tight spin on my fastball.

I like it because I'm not a sinkerball pitcher and I don't try to make the ball tail. You have more control with the four-seam fastball than with the four-seam method, you also get a little better grip on the ball. Seams play a big role in what the ball will or won't do for you. My fastball tends to ride up because I'm holding all four seams to the wind. But it also goes a little straighter.

With the slider, you have to be behind the plate to see what this pitch does. A slider is supposed to look like a fastball, then at the last minute it darts away from the hitter. You try to create just enough spin on the ball that instead of a traditional spin on the ball — 12 o'clock to 6 o'clock — you want a little spin on it so it's more like 2 o'clock to 7 o'clock. The ball can be held many different ways, but the key is the pressure your middle finger exerts downward during the delivery.

The slider won't look like a big breaking curveball; it's just a pitch that goes in there and gets the hitter to commit himself before the ball darts away at the last minute. Then the hitter just completely misses it.

Arm motion and arm speed should be the same with either pitch. You don't want to change anything because a good hitter will pick you on that — anything from adjusting the ball in your glove to where your eyes go — to gain an edge. A pitcher has to be careful to keep everything the same no matter what pitch he's throwing.

Biking for fun evolves into bid for world title

By Carla Milburn-Dodd

Not that long ago, Craig Siebert was an average, shy 18-year-old kid who liked to ride his bike all the time, jumping puddles and any imaginary or real bump or hole on his "racing" bicycle.

Some of that has changed. Now Siebert is a low-key, 23-year-old adult who rides race courses, challenging big hills, little bumps, curves and a quarter mile or better track on his racing bicycle. But there is a big difference winning races against adults across the country, making money and traveling all over the United States, and now to Santiago, Chile, for the world championship this weekend.

"There used to be a track run by the Kiwanis up on Droste and Duchesne, and that's where I started racing," he says. "At the time, as long as I could remember I was bored just riding in the street. 'You know how you go down your driveway, and there's always that crack, that hole or two right down by the end? I started jumping those. Then I'd find other holes and bumps and start jumping them, and I got started racing at the track. And I'm still at it.'"

It was tough to stick with it after wipe-outs and close losses, but like any other individual sport, Siebert was attracted to the glory he got from competing. "The thing I've always liked about it is that it is all up to you," Siebert said. "If you crash, it was something you did, not anybody else. If you didn't do your best, you don't have anybody to blame but you."

Probably the best thing, though, is that when you do good, you have such a sense of accomplishment. You know that all that training, all that hard work has paid off.

Though riding your bike may not seem like hard work, consider Siebert's routine. Weight training and distance rides of up to 50 miles through the dead of winter "off season", sprinting and distance on a road bike during "season" (roughly from March through Labor Day), and riding and more riding several hours a day.

"Since it's a sprint race and it's over with in about 30-40 seconds, you have to be strong."

Craig said. "But on an average you'll race (in a bracket-type situation) 10 to 18 races per day, so you need that endurance, too."

"You've got to be both strong and fast. If you're strong but slow, you'll be left at the starting gate (as in horse racing), and if you're fast but not strong you can get out front but you can get beat out at the end by someone coming up behind you."

It can be glamorous, too. The Ohio race, an event with closed-circuit televised coverage of all events and red-carpet treatment of the racers, is one of his favorites. Signing autographs for younger competitors and meeting friends from all over the country, like former national champion Eric Rupp of San Diego, Calif., and traveling for the world competition are part of the fun.

"It's strange, but really interesting at the world competition," said Siebert of the race which he attended for the first time last year in Florida. "There were about 25 countries represented last year and hearing all the different languages, watching all the different bicyclers is great. And there's a kind of excitement generated there because of the prestige of the event."

That excitement fuels Siebert, from off-track promotion of his sponsors (which include national groups Trog Racing Products and Cycle Craft and local sponsoring physical therapist Larry Cho Jecki) to the big events — all 20 or so a day, three to four weekends a month for seven months.

"Part of psyching myself up is fueled by how I've been doing," he said. "It's hard for me to psyche myself as much for the first race because I haven't been racing. But when I'm doing well, it helps get me ready for the next race."

"I just sit and tell myself how hard I've worked all week, and that I've worked harder than any one. And it works. There have been times I've fallen the first three races and come back and won."

Hopefully, that adrenalin will be pumped over the jumps, around the curves and to much success in Chile.

Park tennis tournament

The Granite City Park District Open Tennis Tournament will be held this weekend.

The tournament will begin on Friday and conclude on Sunday. It is sanctioned by the United States Tennis Association and the Missouri Valley Tennis Association.

USTA rules and membership will apply. Entries close Aug. 9 at 5 p.m. All entry fees must be in with the entry before the deadline. Play is limited at three events. The entry fee is \$10 per player per event and \$10 per doubles team. Balls are furnished.

Trophies will go to the winner and runner-up in each event. There must be four entries in each event or it will be cancelled. Call tournament director

John VanBuskirk at 931-1164 or the Wilson Park Office at 877-3059 on Aug. 11 for starting times.

The tournament will be held at the Granite City High School courts and the park district courts in Wilson Park.

Singles events include boys 12 & under, boys 14 & under, boys 16 & under, girls 12 & under, girls 14 & under, girls 16 & under, girls 18 & under, men's, men's 35 & older, women's and women's 35 & older.

Doubles events include boys 14 & under, boys 16 & under, boys 18 & under, girls 14 & under, girls 16 & under, girls 18 & under, men's, men's 35 & older, women's and women's 35 & older.

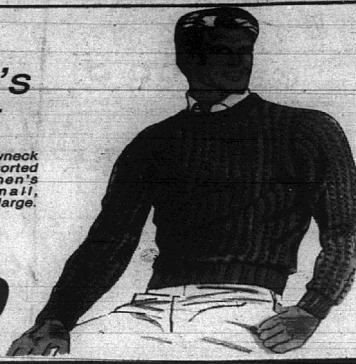
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